

OJIBWE INAAJIMOWIN

THE
STORY
AS IT'S
TOLD

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CAREER FOCUSED

BAND MEMBERS DEDICATED
TO FOLLOWING LEGAL PATH

PAGE 4

OPIATE PROBLEM
AFFECTS
EVERYONE

BAND MEMBERS
URGED TO
AIM HIGH

STUDENTS GET
THEIR HEARTS
PUMPING

PIPE AND DISH IS
A NAY AH SHING
TRADITION

MESSAGE FROM THE CHIEF EXECUTIVE

MELANIE
BENJAMIN
CHIEF EXECUTIVE



Reflecting on the 2014 Tribal Nations Conference

Toya Stewart Downey Staff Writer

While the other five constituent Bands of the Minnesota Chippewa Tribe operate with a Reservation Business Committee (RBC) form of government, where the entire RBC is involved in running the day-to-day operations of the Band government, the Mille Lacs Band of Ojibwe operates under a separation-of-powers form of government. This means that each of the three branches has unique, distinct responsibilities, which are defined by tribal law, known as the Band Statutes.

One of the responsibilities of the Chief Executive is the duty to represent the Band in conducting intergovernmental affairs. Title 4, Section 6(c) of Band Statutes designates legal responsibility to the Chief Executive “to engage in external relationships with other governments and their political subdivisions”.

One recent meeting was President Obama’s Tribal Nations Conference held at the White House, in Washington D.C. on December 3. Below is an interview conducted with Chief Executive Melanie Benjamin about that conference.

How do the Band and its members benefit from your presence at these kinds of meetings and conferences?

(Melanie Benjamin): Based on Title 4 of the Band Statutes, it’s my duty to attend local, state and national meetings and conferences to represent the Mille Band of Ojibwe. Attending these meetings presents opportunities to secure more benefits for Band members. Many of the programs and services the Band provides are dependent on networking with funders and advocating with federal agencies. This requires that the Band be proactive, and when the meetings involve people higher up in government, that usually falls on my shoulders to represent the Band.

What was the focus of this meeting?

President Obama began holding these meetings a few years ago, and they have been really important for setting the tone for the government-to-government relationship between his Administration and tribal governments. At this particular meeting, the President released his Native Youth Report, which was important because it was honest about past failures of federal

policy on the education of Native students, and made recommendations for the federal government in moving forward to educate our children. Also, most of his Cabinet members attended this meeting, and I was able to share feedback about issues important to the Band, like our fight against violent crime, and our efforts with language preservation.

What was the most meaningful session that you attended at the White House Tribal Nations Conference and what did you learn?

I attended each session that was offered and each of them was beneficial. I learned or heard about new initiatives available for tribes through the federal government, and there were many announced that day. One example is new funding to support cultural, social and academic needs of our students. We have to be involved in that process and begin planning our work on accessing those new funds.

Did you walk away with any new strategies or ideas for the Band?

I follow the Band’s Strategic Plan and I look to see if the ideas that I hear about meet the goals our strategic plan. The President announced a Native Languages Summit next fall, and I want the Band to be involved in that, because protecting and preserving our language is a key priority in our strategic plan. By attending that meeting, I was able to make some connections that I’m hoping will help ensure we have a seat at the table when that Summit gets underway. We have other initiatives we are always concerned about including our sovereignty, housing, and health services. A big concern for me now is about the opiates that are infiltrating our communities. We have babies being born with opiates in their system and that has to stop. Besides what we’re doing through our own government, I’m looking for federal entities that can help us deal with this problem.

What was of particular interest to you as the leader of the MLB?

I’m always interested in establishing relationships with key

leaders across the country and in the federal government. I am able to network and establish connections that will help our community. One example is that I’ve had a chance to develop a really good working relationship with the State Commissioner of Education. Just this weekend, I received a phone call from the Commissioner, and she asked me if I could help organize tribes in Minnesota around a task force on Indian education. This would connect really well with President Obama’s Native Youth Initiative. There are exciting opportunities there from both the federal and state side that could directly benefit the Band. But these things don’t just happen, they take work, which is what happens at these meetings. I’m always most interested in what I can bring home to benefit the Band. Finally, I’m always looking for best practices. When I talk to others, I get to hear what works best and then it allows me and other Band leaders to determine if it could work for the Band.

Tribes were asked to help set the agenda by offering input. Were you able to offer a topic for the conference and was that topic explored?

One of the topics that I always talk about with federal officials and other tribal leaders is about how tribal sovereignty is both a sword and shield that we need to protect and use. I talk about the importance of protecting our rights, respecting our sovereignty, protecting our culture and homelands and preserving a better future for our grandchildren.

Did you have the opportunity to talk to President Barack Obama? If so, what did you share with the President and other tribal leaders about the Band?

I didn’t get to talk to President Obama this time. Last year, I was one of 12 tribal leaders to talk with him, which was a great honor, but this year it was the turn of other tribal leaders.

The President and his commitment to Indian Country is commendable. He brings leaders together and we get to dialogue about issues facing Indian Country. The President said he would regularly engage with tribes and he has. He’s been a good partner.

What do you think is most important for Band members to know about this conference and your presence there?

I think it’s important for Band members to know that when I am away from them, I am working for them and on behalf of the Band. I don’t do this alone; we have staff who lay the groundwork for these meetings. And sometimes I ask the Speaker of the Assembly to accompany me when strategically that makes sense, but legally, that duty to ultimately represent the Band with other government falls on the Chief Executive. But it’s an honor to represent the Band and is always humbling. Ultimately, my work comes down to trying to protect and enhance our rights as the Non-Removable Mille Lacs Band of Ojibwe.



Chief Executive Benjamin was able to meet with President Obama during the 2013 edition of the White House Tribal Nations Conference on November 12, 2013.

White House Hosts Tribal Nations Conference in Washington D.C.

Courtesy of the White House

On December 3, the White House hosted leaders from the 566 federally-recognized Native nations at the Tribal Nations Conference. Guests engaged with President Obama, Cabinet officials, and the White House Council on Native American Affairs on key issues facing tribes – respecting tribal sovereignty and upholding treaty and trust responsibilities, lack of access to capital and credit, and protecting Native women and youth.

This year’s conference builds on the President’s visit in June to the Standing Rock Sioux Indian Reservation, where he reaffirmed his commitment to education and economic development. Nearly half of Native American people (42 percent) are under the age of 24; more than one-third of Native children live in poverty; and Native youth have the lowest high school graduation rate of students across all schools.

As part of the conference, the White House will release a new Native Youth Report that explores the challenges facing Native youth and makes recommendations for a path forward. The voice of Native youth was represented by 36 Youth Ambassadors, who joined tribal leaders in the break-out sessions and panels, and participated in leadership development programming.

President Obama also announced the launch of Generation Indigenous (Gen I), a Native youth initiative focused on removing the barriers that stand between Native youth and their op-

portunity to succeed. This initiative will take a comprehensive, culturally appropriate approach to help improve the lives and opportunities for Native youth and will include:

- New Native Youth Community Projects, administered by the Department of Education (ED) to provide funding in a select number of Native communities to support culturally relevant coordinated strategies designed to improve the college-and-career readiness of Native children and youth.
- New National Tribal Youth Network program in partnership with the Aspen Institute’s Center for Native American Youth. The Youth Network will support leadership development, provide peer support through an interactive online portal that links resources and tools, and empowers youth to become leaders within their communities. The White House will also host a high-level convening on challenges facing Native youth in February 2015.
- The release of the White House Native Youth Report that acknowledges past failures of federal policy on the education of Native students, explores the challenges facing Native children, and makes recommendations for a path forward.
- The launch of the Cabinet Native Youth Listening Tour,

which will begin next year as part of the President’s call to hear directly from Native youth on how to bolster federal policies to improve youth outcomes. In addition, the Administration will expand federal outreach on youth internships and employment opportunities across the federal agencies.

- The first ever White House Tribal Youth Gathering to engage hundreds of Native youth in a day-long convening in the summer of 2015.

In addition to these efforts, the Department of the Interior (DOI) is making progress to transform the Bureau of Indian Education (BIE). Since Secretary Jewell’s Secretarial Order directing Indian Affairs to restructure the BIE to serve as a support network to schools rather than a direct education provider, DOI, along with ED has made steady progress towards implementing the Administration’s vision of high-achieving tribally-controlled schools.

“The United States shares a sacred bond with our Native nations,” President Obama stated. “We have a sacred responsibility to all our young people, including Native youth.”

Band Members Urged to Aim High

Brett Larson Staff Writer

Commissioner of Administration Catherine Colsrud is encouraging Band members to make education goals now – and to shoot for the stars.

“I recently heard about opportunities for low and middle income families to send their kids to Harvard tuition free,” Catherine said. “I’d love to see some of our Band members graduate from Harvard in the next few years.”

If a move to Massachusetts is not what you’re looking for, many additional options can help Band members gain the skills and knowledge they need to be successful. Catherine said the Band finds it difficult to staff many positions with Band members because of the specialized training required. She wants that to change.

Band members looking to get started can consider Anishinaabe College in District I, with ITV programs planned for Districts II and III.

Camille Naslund, the Band’s Higher Education Director, said many scholarship opportunities are out there, starting with the Mille Lacs Band’s scholarships. Band members in undergraduate programs are eligible for \$4,500 per semester.

Many two- and four-year colleges around the state have additional scholarship opportunities. For example, the Band has a partnership with Augsburg College in Minneapolis providing a 10 percent tuition discount, and the University of Minnesota – Morris waives tuition for Band members or any other student with a parent or grandparent who was a Native American. Camille said the financial aid office at any school is a great resource for information.

Band members who already have a Bachelor’s degree should be thinking about a Master’s, a law degree, medical school, a Ph.D, or other advanced training. Additional scholarships are available for graduate school – including \$6,000 per semester from the Mille Lacs Band.

“We all have a responsibility to help our Band survive, and one of the best ways we can do that is by pursuing educational opportunities,” Catherine said. “Bringing that knowledge back to the Band will ensure our continued success.”

Scholarship opportunities

Mille Lacs Band of Ojibwe

millelacsband.com/programs-services-home/education/scholarships

Band members are eligible for up to \$4,500 per semester of undergraduate tuition or \$6,000 for graduate tuition per year.

Catching the Dream, Native American Scholarship Fund

catchingthedream.org

CTD has helped 827 Native students to earn degrees since 1986.

U of M Morris tuition waiver

morris.umn.edu/financialaid/scholarshipswaivers/americanindiantuition

The University of Minnesota-Morris will admit American Indian students qualified for admission free of charge for tuition, as mandated in federal law and state statute.

Native American Finance Officers Association

nafoa.org/education_3.html

In 2012, the NAFOA awarded three scholarships to an outstanding MBA, undergraduate and tribal college student.

American Indian College Fund:

collegefund.org

Scholarships are open to U.S. citizens who are enrolled full-time at a public or private, non-tribal-affiliated school and are registered members of a recognized tribe or with at least one grandparent or parent who was registered.

Lagrange Foundation Scholarships

lagrangefoundation.org/Scholarship%20Program

Twenty undergraduate ethnically diverse minority undergraduate students will receive scholarships of \$2,500 each and 20 graduate students will receive scholarships of \$5,000 each. Students must be attending four-year accredited institutions in the U.S. and pursuing careers in the fields of advertising, marketing or public relations.

Microsoft Technical Scholarships for Minorities and Women

careers.microsoft.com/careers/en/us/university-programs.aspx

Anyone can apply, but preference is given to applicants who are female, belong to a minority group, or have a disability.

Xerox Minority Scholarship

xerox.com/jobs/minority-scholarships/enus.html

Technical Minority Scholarships award between \$1,000 and \$10,000 to qualified minorities enrolled in a technical degree program at the bachelor level or above.

A story on the Harvard initiative to attract low-income students

nonprofitquarterly.org/policysocial-context/23214-harvard-initiative-to-attract-low-income-students-includes-free-tuition.html

Many more scholarships are available. Contact the financial aid office at the school where you are enrolled or thinking about enrolling.

Career Focused: Band Members Dedicated to Following Legal Path

Toya Stewart Downey Staff Writer **Photos courtesy of nolan.house.gov**



Syngen Kanassatega, Congressman Rick Nolan's first Native American Tribal Leaders intern, at his desk in Washington, D.C.



Summer 2014 interns pictured (L-R): Syngen Kanassatega, Myles Hotzler, Samantha Bisogno, Congressman Rick Nolan, Savannah Kochinke, Sam Wanous, and Andy Landkamer.

When Aarik Robertson and Syngen Kanassatega graduate from law school in May they will be among the very few Band members who have earned law degrees.

That they are graduating after many years of laser-focused dedication to their academic paths is impressive. But what makes the young men even more outstanding is that both plan to practice law to help the Band as well as other tribes.

For 31-year-old Aarik, who attends William Mitchell College of Law in St. Paul, the decision to study law became obvious as he realized the complexity of the history of Native American people in this country.

"Growing up, it became very apparent to me that Native people have a very different status in this country from anyone else. I was curious how this came to be," he said.

Citing examples of why tribes can have casinos or are allowed to net walleye, Aarik said that even those seemingly simple questions have complex answers that ultimately had a legal context.

When Aarik realized that his interest could lead to a law career and the opportunity to study the legal history of Native Americans, he decided that going to law school was his goal.

For Syngen, 28, the idea of becoming an attorney wasn't an option even though his father, Jay Kanassatega, was an attorney who served for several years as the Band's first Solicitor General.

Growing up, Syngen — who attends the University of New Mexico Law School — watched the long hours his dad worked, including nights and weekends, and he decided that wasn't the path he wanted to take.

Then, while he was pursuing a public policy degree at Hamilton College, a small private college in upstate New York, he became more interested in how the government works. Still, the desire to pursue law didn't come until later.

While working for the Chief Executive's office a few years ago, Syngen had an opportunity to hear one of the Band's long-time legal advocates, Marc Slonim, speak to the Band Assembly about the work he was doing on behalf of the tribe. Something clicked for Syngen.

"I didn't know much about the issues that the Band faced, or that other tribes face, but when I met Marc and heard him speak I became very interested in how important laws impact Native Americans."

"I was inspired and I decided then that I wanted to study law so I could help Marc and the Band," Syngen said.

Before both Aarik and Syngen begin their careers in the law they must first pass the Minnesota bar exam — a test that determines if a person is qualified to practice law in the state.

Besides sharing a passion for the law, both young men are interested in working closely with Native Americans. Aarik, who graduated from the University of Minnesota (U of M) with a Bachelor of Arts degree in American Indian Studies with a focus on Ojibwe language, is a frequent volunteer for Band events in the Twin Cities.

He currently serves as the president of his college's Native American Law Student Association, is an associate member of the Minnesota American Indian Bar Association and a national liaison for the National Native American Law Students Association.

"I enjoy being involved with these various groups because it has connected me to so many other Native students and Native lawyers, both locally and nationally," he said. "These are and will be the leaders of their respective communities, and we all offer a support network for each other as Natives in the legal field."

Before entering law school Aarik worked as an admissions counselor and as the American Indian Recruitment Coordinator for the U of M.

Aarik has also worked as a certified student attorney in the Menominee Tribal Court for his college's Law Criminal Defense clinic and served as a public defender in domestic violence criminal cases. He has interned as a law clerk, working primarily with Native Americans in urban and reservation communities to create estate plans.

"While working as a student attorney, I had a chance to work with real clients and gain invaluable experience," said Aarik. "In my internship Mille Lacs was a partner in a project. I even had the chance to work with some of our own Band members."

Aarik's mom is Barb Benjamin-Robertson. Barb's parents are Dorothy Shingobe and Mike Benjamin. Both passed on to the other world.

For Syngen, 28, the idea of becoming an attorney wasn't an option even though his father, Jay Kanassatega, was an attorney who served for several years as the Band's first Solicitor General.

His grandparents are Raining Boyd and Grace Clark on one side, and Fred and Dorothy Sam on the other.

Syngen is also involved with the National Native American Law Students Association. Through his college's American Indian Law Center, he has helped other Native students interested in pursuing a law degree.

Last summer he worked in the Law Center's pre-law school summer institute which was the same program he attended when he first entered law school. He has also worked for Chief

Executive Melanie Benjamin's office during a previous term, has worked with Larry "Amik" Smallwood in the Ojibwe language program, and has worked as teaching assistant for other Native American students.

Syngen sits on a few different drums and has learned enough Ojibwe language from Amik to conduct basic ceremonies.

"Amik is a mentor to me and we talk on a regular basis," said Syngen. "We have spoken about writing laws in Ojibwe."

Syngen says taking the Indian law classes has given him tremendous insight into the way the federal government has worked with tribes.

"I've learned how we started out being disadvantaged compared to others and how we are still disadvantaged even with Indian gaming regulations and the revenue it generates. It's still not enough," he said.

Both men have said that the Native American legal community is a small and often close-knit group because there are so few Native attorneys. Those with whom they attend school and interact are their future colleagues, and building meaningful relationships with them now is critical.

Aarik is participating in the Band's Essential Careers Program, which helps fund his tuition. In return he will work for the Band for three years after passing the bar exam.

"I see this as a chance to give back. It will be a great learning experience to see how the tribe operates firsthand," he said.

Syngen, who received a scholarship from the American Indian Graduate Center, said he will explore career options that could include working for the Band or the government.

"Whatever I do, I would like to be involved in helping the Band and other tribes," he said.

Both men are strong advocates for pursuing a higher education and encourage other young people to believe in themselves and pursue their dreams.

"It's the best investment you can make in yourself," said Aarik. "There is no substitute for hard work, and it's also something other people notice and respect. I know firsthand that so much hard work goes into gaining an education, but there is a payoff in the end."

Syngen shares the same perspective.

"There are a lot of Native youth who tend not to believe in themselves. I've seen some kids who think they aren't smart enough to go to college," he said. "But that's not true. I've shared what I'm learning and I've seen them engaged and asking questions. So they are thinking about what I'm saying."

Opiate Problem Affects Everyone

Brett Larson Staff Writer

Last month's Inaajimowin addressed the problem of Neonatal Abstinence Syndrome (NAS) — the medical term for babies who are born addicted to drugs. This article will address the problem from a law enforcement perspective, including the impact on individuals, families, and the community at large. Next month's Inaajimowin will look at the prescription drug problem from a cultural perspective.

The illegal use of opiates — prescription as well as street drugs — is a serious health problem in the Mille Lacs Band community, but it is also a public safety problem.

The medical, legal, and law enforcement costs are high, but the greatest price is paid by the innocent children born dependent, and the families torn apart by chemical dependency.

According to Tribal Police Chief Jared Rosati, as the methamphetamine epidemic began to fade, prescription drug abuse took its place. Now illegal use of prescription drugs is declining, but an even more dangerous substitute is filling the void: heroin.

"We've solved one problem but gained another," Jared said. "People haven't stopped abusing; they just went from a legal source to an illegal source."

As prescription drug abuse skyrocketed, government and the medical community responded by making it harder for addicts to go from clinic to clinic for 90-day refills. Once they became addicted, though, they began turning to heroin. It is now cheaper than marijuana, according to Jared, but extremely dangerous.

"This is not the heroin of the 1960s and '70s," Jared said. "That was 5 to 15 percent pure. This is 90 percent pure." As a result, overdoses are increasingly common because users don't realize how strong the drug can be.

"This is not just a reservation problem," Jared said. "Heroin seizures are up 236 percent statewide."

To Jared, it's worse than the meth epidemic because that was a matter of shutting down a few labs run by individuals. The heroin trade is being run by international cartels. "These people are organized," he said. "It's big business."

Jared is attacking the problem of illegal drugs and other crime in the reservation community from several angles:

- **A grant to coordinate efforts among five different tribal police forces:** "Local gang members are not exclusive to this reservation," Jared said. "They go from reservation to reservation. The grant will allow departments to share information and resources to improve investigations."
- **Knock and talk:** When a tip from the community comes in that suspicious activity is happening at a house, some departments will sit back and watch. Jared's approach

- is to go directly to the house, knock on the door, and tell them about the complaint, and that they are paying attention.
- **New training for K-9 Karma:** The department's new dog will go through narcotics training, making her a valuable asset in the fight against illegal drugs.
 - **A "kids and cops" house:** Jared would like to use a vacant house or other building as a place for kids to hang out with off-duty police officers. He said kids between the ages of 13 and 17 are under great pressure from gangs, and many give in. "We need them to start seeing us as people, as a friend, someone they can talk to, so we don't lose them," Jared said. "I'm not saying we can save every kid, but if we save five kids, it's money well spent."
 - **Civilian police academy:** Elected officials, commissioners, and others will have the opportunity to learn about procedures, laws, training, and defensive tactics so they have a better understanding of what police actually do.

What the efforts have in common is the attempt to increase trust between police and the community. "We need to do a better job of community policing," he said. "This isn't us vs. them. This is everyone's problem. We as the police department are a big part of this puzzle. We're a big part of the solution."

Family law

The other part of the legal puzzle related to opiates involves lawyers and courts — who not only deal with drug dealers, but also family members accused of endangering their children, sometimes when they're still in the womb.

Barbara Cole, senior deputy Solicitor General for the Mille Lacs Band, has worked on cases involving babies born with Neonatal Abstinence Syndrome. She said she has seen a dramatic increase in this type of case over the last few years.

Barbara believes that in many cases, the mother starts out with a legitimate medical concern and prescription, and from there gets addicted and may switch to other opiates like heroin. "It doesn't always stem from being a partier and wanting to engage in destructive behavior," she said.

When a newborn tests positive for drugs, medical personnel are required by law to report it to social services. For non-Band members, the report is made to the county where the infant was born. Social services then contacts the county attorney's office, which files a petition with the state district court alleging that the baby is in need of protective services.

If the infant is a Band member, the report is usually made to the Band's family services department, which notifies the Officer of the Solicitor General (OSG). In those cases, the OSG files the petition in Tribal Court.

A hold may or may not be placed on the baby while a petition is drafted. According to Cole, the facts of the case are usually clear because the hospital has evidence of the drugs in the baby's system.

A hearing before a judge is held within a day or two. The county or tribal attorney will lay out the allegations, and the court usually finds that it's reasonable to believe that out-



"This isn't us vs. them. This is all of our problem. We as the police department are a big part of this puzzle. We're a big part of the solution."

— Tribal Police Chief Jared Rosati

of-home placement is necessary for the child's safety and well being.

In some cases, the mother could argue that the children should go home, but because of the clear evidence that the mother was using drugs, it rarely happens. In those cases where it does, Barbara said, the judge wants to see that the mother is working with family services and getting a chemical dependency "Rule 25" assessment.

Barbara said, "When parents cooperate right away, it seems to go a lot better and they get their kids back faster."

In many cases, if the mother has other children in addition to the newborn, those children may also be placed out of the home. Barbara said that in accordance with Band statutes, the Band always attempts to place children with family members first, then other Band members or Indian families, and finally any safe family-like environment.

If the children are removed from the home, there will be a 30-day hearing for the judge to determine whether continuing court intervention is necessary or if the issues have been resolved and the children can go back to the parents. In many cases, the children will return to the home, but the court will stay involved.

If the issues have not been resolved, a trial must be held within 90 days, according to Band statute. In the meantime, social workers will keep working with the family to follow their case plan.

If the family continues to need court intervention, review hearings will continue to be held about every three months.

If the parents fail to make progress, the court and family services will look at permanent options for the child or children.

"The goal is always to reunify the families," Barbara said, "We want to get the parents the help they need and reunite the family. Sometimes it happens; sometimes it doesn't."

For more on the opiate epidemic, see next month's issue of the Inaajimowin.



Chi Miigwech from Early Ed.

The Mille Lacs Early Education Program staff and students would like to send a **Chi Miigwech** to the Mille Lacs Band of Ojibwe Legislative Office and the District Representatives (Sandra Blake, David "Niib" Aubid and Harry Davis) for helping to make our students holidays even brighter with their donations to each of our district programs: the Wewinabi School, the East Lake Early Education and the Lake Lena Early Education.

CHI MIIGWECH!!!

Celebrating the Season: Districts Host Holiday Parties

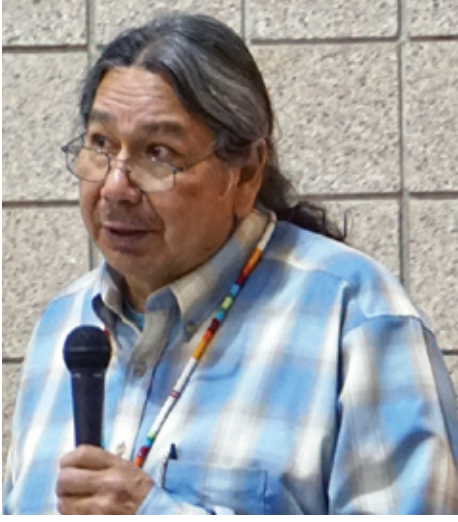
Andy McPartland Staff Writer **Ryan Lodermeier, Christopher Gahbow, Toya Stewart Downey, Brett Larson, and Andy McPartland** Photographers

In each district, community members came together to celebrate the holiday season, mingling with their fellow neighbors at Districts I, II, III, and the Urban area. From visits from Santa in District I to karaoke in District II, there were fun times had by all. We hope everyone has a safe and enjoyable holiday season with your friends and family. Sending our best wishes for the New Year!

DISTRICT 1



DISTRICT 2





DISTRICT 3



URBAN AREA



Karma Will Get You

Vivian LaMoore Contributing Writer and Photographer, Mille Lacs Messenger

What goes around comes around. The universe has a way of making certain of what you give, you get back — like a boomerang. It is called Karma. Karma will get you — especially when Karma is the newest rookie on the Mille Lacs Band Tribal Police Force. She is a K9 cop.

Karma is a 1 1/2-year-old Belgian Malinois. She is slightly smaller than the average German Shepherd dog weighing in at a slim, trim athletic weight of approximately 67 pounds. Don't let her size fool you. She is one of nine K9 cops in Minnesota certified in tracking. Since her first day on the job in the early part of October, she has tracked down two suspects of crimes who thought it was a good idea to run. The word is getting out that you can run but you can't hide.

Her partner is Officer Tim Kintop, a 10-year veteran of the Tribal PD. Kintop recalled Karma's 5th day on the job: "We were in a vehicle pursuit of a suspect with multiple warrants. The suspect left the vehicle and decided to run into the woods." The suspect was arrested.

Within the next few weeks, Karma assisted with her second arrest when officers were forced to chase down a suspect for felony burglary and assault warrants. The suspect ran into a swamp but soon surrendered hollering, "Call off the dog!" Kintop said. "We never would have caught either of them without Karma."

Chief of Tribal Police Jared Rosati said Karma has already indicated she is an invaluable tool in many aspects for Tribal PD. Not only is Karma a highly trained police dog, she is a pleasant, friendly dog who will be an ambassador to the public in promoting positive relations between community members and the police. Her tracking skills are not only practical for assisting in catching criminals and protecting officer safety, she will be advantageous at helping to locate missing persons.

Tracking a person, whether a criminal or an innocent lost person, is basically the same thing, the officers explained. "Karma senses the energy disruption," Rosati said. She cuts out the negative, or unchanged indicators in her perimeter, focusing on the positive, or changes. Fear and adrenaline leave behind powerful pheromones, or scents, that cannot be controlled by the human mind or body and leave a potent trail for the highly sensitive olfactory of the K9 tracker.

While Karma is a highly trained police dog, she is also just a friendly energetic pup. Officer Kintop has plans to bring her

to the schools to introduce her to the youth of the community using her as a diplomat between the cops and the kids. She has a welcoming disposition when not in pursuit. She has also already been introduced to the lights, sounds and actions at the casino. Getting her accustomed to the high energy of the gambling floor is also part of her on-the-job training.

Karma will be attending narcotics training after the first of the year. Officer Kintop is currently working with her continuing education tracking on hard surfaces such as paved roads and parking lots.

Partnership – the dynamic duo

The Tribal PD has had K9 cops on the job before. However, for various reasons, the programs were unsuccessful, Chief Rosati said. The department recognized the usefulness and need for a new addition and budgeted to purchase the \$7,500 police dog from Can Am Tactical K9. Karma was originally from Winnipeg, but completed her basic training with Can Am.

All of Karma's police dog training would be useless without continuing specialized training with a productive hands-on attentive handler. "Kintop was the perfect fit for Karma," Chief Rosati said. "He is well known in the community. He knows everyone and almost everyone knows him. His background with dogs makes it a good partnership."

Officer Kintop has multiple years of experience training hunting dogs of his own and also professionally. While there are certainly differences in training a hunting dog versus a police dog, the similarities are substantial, Chief Rosati said.

Hunting dogs require hours of training in such things as blind retrieves and 300-yard retrieves off leash, Officer Kintop explained. Tracking dogs are most efficient at short sprints while on a harness and a 25-foot lead. Officer Kintop works with Karma on a daily basis in their newfound tracking partner-



Karma is the newest rookie cop to join the Tribal Police Department. She is a one-and-half-year-old Belgian Malinois.

ship and practice making multiple quarter-mile runs. He admits he is in the best physical shape he has been in for a long time.

Karma and Officer Kintop are together 24/7. Karma has an outdoor kennel at Officer Kintop's home, but also has a spot to call her own inside the house as well. Officer Kintop also has a 13-year-old black lab at home. The two dogs have had time together, but Karma has too much energy for the old hunting dog, Officer Kintop said.

Both Officer Kintop and Karma have a way with people that is professional yet sociable and peaceable, and their partnership is certain to promote goodwill in the community. They are also highly trained in criminal pursuit. This combination should be a warning and reminder — Karma will get you.

Band Member Named to Cohort of Native Nation Rebuilders

Citizens from 14 Tribes Join Program to Strengthen Skills, Serve Native People

Andy McPartland Staff Writer

Band member Melissa Boyd is one of 31 leaders from 14 Native nations that make up the newest cohort of the Bush Foundation's Native Nation Rebuilders.

The Native Nation Rebuilders Program supports emerging and existing Native leaders to build their leadership skills and nation-building knowledge so they can help tribal leaders exercise and strengthen sovereignty.

The program was created in 2010 after elected tribal leaders from 23 Native nations said they needed skilled and committed partners to help them rebuild their nations. Rebuilders attend a two-year program of learning about nation-building and strengthening their leadership skills. The program has selected 112 Rebuilders from 20 Native nations.

Established in 1953 by 3M executive Archibald Bush and his wife, Edyth, the Bush Foundation encourages people and communities to think bigger and think differently about what is possible across Minnesota, North Dakota, South Dakota, and the 23 Native nations. More information at: bushfoundation.org

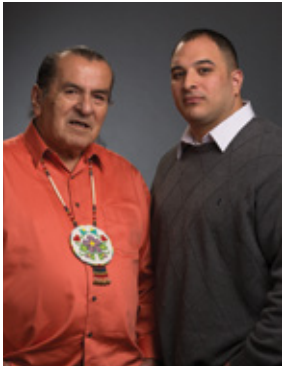
Applications for a seventh cohort of Rebuilders will open in Summer 2015.

Melissa grew up on the Mille Lacs Reservation and in college developed a passion for learning and teaching the Ojibwe language. She participated in an Ojibwe language master/appren-



Cohort 6 of the Native Nations Rebuilders Program

tice program, an intensive language development partnership for intermediate language learners to study one-on-one with an Ojibwe Elder. Melissa went on to help create the Band's first and only pre-kindergarten language immersion program. She is the proud mother of two children.



Gii’igoshimowin Fasting

Lee Staples Gaa-Anishinaabemod Obizaan **Chato Gonzalez** Gaa-Anishinaabewibii’ang Ombishkebines

Mii iko ingiw Anishinaabeg mewinzha gaa-izhichigewaad, azhigwa gii-moonenimind a’aw gwiiwizens ani-oshki-ininiwid, naa gaye a’aw ikwezens ani-ikwewid, mii iwidi bagwaj gii-izhiwinindwaa gii-o-gii’igoshimowaad ezhiwiinjigaadeg. Mii iwidi wiigiwaam gii-ozhichigaadenig imaa bagwaj. Mii dash imaa gii-asind a’aw waa-kii’igoshimod maagizhaa ingo-dibik, gemaa gaye niizho-dibik, gemaa gaye niso-dibik miinawaa gemaa gaye niyo-dibik gii-ayaad iwidi.

What Anishinaabe did as soon as they realized that a boy was becoming a young man and a girl was becoming a woman they took them out into the woods to fast. A wigwam was built for them out in the woods. It was within there that they placed the one who was to fast for a night, maybe two nights, maybe three nights, or even four nights.

Ishke dash megwaa iwidi gii-ayaawaad, gaawiin ogii-minikwesiinaawaa gegoo, biinish gaye gemaa gaawiin gii-wiisinisiwag. Mii dash i’iw gaa-onji-izhichigewaad, mii imaa gii-waabanda’iwewaad ezhi-apiitendamowaad gaa-izhi-gikino’amaagooyang anishinaabewiyang. Dibishkoo imaa waabanda’iwewag ezhi-apiitenimaawaad iniw Manidoon imaa ani-mamoosigwaa da-gii-minikwewaapan naa gaye da-gii-wiisiniwaapan.

While they were out there they did not drink anything and possibly they did not even eat out there. The reason they did this was that they were showing their respect for what we were taught to do as Anishinaabe. It was as they were showing their appreciation for the Manidoog by not taking anything to drink or to eat.

Ishke dash mii imaa gaa-onjikaamagadinig gii-shawenimigowaad iniw Manidoon, mii dash imaa gaa-onjikaamagadinig gii-pi-naazikaagowaad iniw Manidoon gii-pi-wiindamaagowaad i’iw akeyaa ge-ni-naadamaagowaad oniigaaniimiwaang. Ishke mii imaa gaa-onjikaawaad ingiw Anishinaabeg gaa-wenda-manidoowaadizijig miinawaa gaa-nanaandawi’iwejig naa-go gaye gaa-chiisakiijig.

It is from there that the Manidoog showed their compassion for them. It is from there that the Manidoog approached them and told them how they would help them in their future. That is where our Anishinaabe who were really gifted as medicine men and wigwam shakers came from.

Ishke ani-minikwesig awiya miinawaa ani-wiisinisig megwaa iwidi gii’igoshimod mii iwapii dibishkoo ani-wiindamawaad inow Manidoon, “Ishke mii i’iw waa-poonitooyaan, mii dash imaa aazhitaa inendamaan Manidoogod da-naadamawiyeg da-miizhiyeg wenjida ge-naadamaagoyaan niniigaaniiming.”

When a person does not drink and does not eat while they are fasting it is as if they are telling the Manidoog during that time, “I am not going to eat or drink and in return I am hoping you all as Manidoog will help me and give me what will help me in my future.”

Mii dash dibishkoo eni-izhichiged a’aw Anishinaabe ani-atood i’iw wiisiniwin maagizhaa gaye imaa zagaswe’idid gemaa gaye ani-biindigadood endazhi-niimi’idiiked a’aw Anishinaabe. Mii imaa eni-gaagiigidod ani-wiindamaaged, “Ishke i’iw wiisiniwin a’aw gaa-pi-biindigadood da-gii-ashamoonsipan, awashime dash omaa inendang wii-pi-biindigadood ininimawaad inow Manidoon. Mii imaa ge-onjikaamagadinig da-ni-naadamaagod inow Manidoon.”

It is very similar to when Anishinaabe brings in food into a feast, or maybe a ceremonial dance. The one speaking for his offering says, “The food that so and so brought in could have been used to feed himself and his family, but instead he thought to bring it in here and offer it up to the Manidoog. It is from there that he will be helped by the Manidoog.”

Mii-go gaye dibishkoo a’aw Anishinaabe bi-biindigadood inow maamandoogwaasanan imaa atood okosijged imaa Anishinaabe endazhi-niimi’idiiked. Ishke a’aw gaa-kashkigwaasod anooj da-gii-paa-izhichigepan, awashime dash imaa inendang ginwenzh inendaagwadinig gii-nanaamidabid gii-kashkigwaadang i’iw waabooyaan waa-ininamawaad inow Manidoon. Mii gaye imaa wenjikaamagadinig a’aw Anishinaabe da-naadamawind.

It is the same thing when Anishinaabe brings in handmade quilts as an offering for the bundle at a ceremonial dance. See the one that did the sewing could have been out doing whatever, instead they chose to sit long hours sewing the blanket that they are going to offer the Manidoog. It is also from there that the Anishinaabe gets his help.

Mii-go gaye meshkwadooniganan asaad a’aw Anishinaabe. Geget chi-apiitendaagozi a’aw meshkwadoonigan. Gaawiin gegoo gidaa-gashkitoosiimin da-ni-izhichigeyang noongom ayaawaasiwang. Ishke dash imaa baandiganaad iniw meshkwadooniganan da-gii-aabajj’aapan, mii imaa awashime inendang wii-ininamawaad iniw Manidoon, mii imaa wendinigaed a’aw Anishinaabe gaye ani-naadamaagoowizid.

The same also applies when Anishinaabe puts money down as an offering. Money is held in high regard. Without money nowadays we would not be able to do a lot of things. So when the money is brought in that could have been used, and instead that person chose to offer it up to the Manidoog, and it is from there that Anishinaabe also gets help.

Mii iw gaa-izhi-gikino’amaagoowiziyang anishinaabewiyang, gaawiin debinaak gidaa-doodawaasiwaanaanig ingiw Manidoog. Booch gegoo-go da-ininamawangwaa bagosenimangwaa aazhitaa dash da-naadmoonangwaa ingiw Manidoog. Gaawiin i’iw biinizikaa gidaa-inendanziimin da-naadamaagoowiziyang. Mii-go dibishkoo gii’igoshimod awiya gii-minikwesig miinawaa gii-wiisinisig. Mii iw epenimod da-onjikaamagadinig naadamaagoowizid a’aw Anishinaabe.

We as Anishinaabe were taught not to be halfhearted when asking for help from the Manidoog. We have to have an offering for them as we express our desire of them to help us. We cannot just think that out of the clear blue that we will be helped. That also applies to someone who is fasting, that we make a sacrifice and go without anything to drink or eat. That is what the Anishinaabe relies on that those Manidoog see those sacrifices, and it is from there that Anishinaabe gets his help from.

Ishke mii i’iw noongom eshka wenji-bangiiwagiziwaad ingiw Anishinaabeg nenaadawi’iwejig. Gaawiin geyaabi izhichigaanaasiwag ingiw weshki-bimaadizijig da-gii’igoshimowaad. Ishke mii ingiw wenjida meshkawaadizijig miinawaa wewiingeziijig nenaandawi’iwejig ingiw gaa-miinigoowizijig da-nanaandawi’iwewaad imaa apii gii-kii’igoshimowaad. Mii imaa apii gii-pi-naazikaagowaad iniw Manidoon imaa apii gii-kii’igoshimowaad. Mii imaa apii gii-pi-wiindamaagowaad inow Manidoon da-ni-nanaadawi’iwewaad oniigaaniimiwaang naa gaye mii i’iwapii gii-pi-odisigowaad inow Manidoon waa-naadamaagowaajin da-nanaadawi’aawaad iniw owiiji-anishinaabemiwaan.

That is the reason why we have so few Anishinaabe that are medicine men or traditional healers. We no longer do that for our young people by putting them out to fast as they did long ago. It is those that were given their powers through fasting that were especially powerful and efficient as medicine men. It was while they were fasting that the Manidoog approached them. It was at that time that they were told that the Manidoog would help them to do their doctoring in their future, and it was also at that time that they were approached by those particular Manidoog that were going to help them in doctoring their fellow Anishinaabe.

Nebowa ayaawag noongom biinizikaa nenaandawi’iwejig. Gaawiin o’ow akeyaa owapii gii-kii’igoshimowaad gii-miinigoowizisiwag da-nanaandawi’iwewaad maagizhaa gaye gaawiin gii-kii’igoshimosiwwag gii-aya’aansiwiwaad. Nindaanawenimaag wiin ingiw biinizikaa dibishkoo nenaandawi’iwejig noongom.

There are many instant medicine men today. At the time of their fasting they were not given that ability to doctor, or maybe they did not even go out to fast when they were younger. I have no faith in the abilities of those that are doctoring today who did not get their powers from fasting. **Ishke geget ochi-naadamaagon bagwaj imaa izhaad weshki-bimaadizid. Mii imaa ani-waabanda’igoowizid naa wenda-gikendang iniw Manidoon zhewenimigojin. Ishke noongom nebowa a’aw weshki-bimaadizid inigaawendam miinawaa aanawenindizo.** It is really a lot of help to that young person who goes out to fast.

It is at that time that they are shown and really know which Manidoog have compassion for them. Today a lot of our young people are depressed and have low self-esteem.

Ishke bi-zhawenimigod inow Manidoon o’ow akeyaa, geget ochi-naadamaagon. Biinish gaye mii imaa apii ani-wiindamaagoowizid ge-ni-biminizha’ang imaa megwaa bibizhaagiid omaa akiing. Mii i’iw gaye geget wenda-naadamaagod oniigaaniiming.

When the Manidoog come and take pity on the young person at the time of fasting, this is what helps him in his future. It is also at this time the young person is told what he or she is to pursue while on this earth. This is what really helps them in their future.

Ishke dash noongom giwaabandaamin enaadizid a’aw weshki-bimaadizid ani-gaagiiwozhitood inendaagwadinig ani-nishwanaajitood owiiyaw ani-aabajitood enigaa’igod a’aw Anishinaabe. Mii i’iw ge-onji-ayaangwaamitooyang da-bi-azhegiwwemagak da-gii’igoshimod a’aw gidooshki-bimaadiziiminaang.

Today we see how the young people are carrying their lives. They are wandering with no purpose or clear direction in their life and wasting their lives away by using alcohol and drugs that have been harmful to us as Anishinaabe. That is why we have to strive toward bringing back fasting for our young people.

Fourth Annual Mille Lacs Polar Plunge is Coming Soon!

Mille Lacs Corporate Ventures



On Saturday, March 14, Grand Casino Mille Lacs will sponsor the fourth annual Mille Lacs Polar Plunge on the shores near Eddy's Resort to raise money for Special Olympics Minnesota. As of December 17, 36 individuals have registered to participate.

We want to double the number of plungers from last year – that's more than 350 brave individuals! Are you up for the challenge? Grab a friend, family member or co-worker and register today!

At the plunge, Grand Casino Mille Lacs will provide changing facilities and warming tents for plungers as well as concessions and other entertainment for spectators.

Area law enforcement, fire departments, search and rescue teams, the Mille Lacs Band DNR and Grand Casino Mille Lacs staff will oversee the event.

If you would like to participate or donate to a team or individual, visit plungemn.org and choose the Mille Lacs plunge location. Participants need to raise a minimum of \$75 to plunge. Donations will be accepted on the day of the plunge and anyone interested in participating can register on the day of the event at the registration table. Registration opens at 11 a.m. with the plunge following at 1 p.m.



Participants in the 2014 Polar Plunge

Interested in submitting to the *Inaajimowin*?

Send your submissions and birthday announcements to Andy McPartland at andy@redcircleagency.com or call 612-248-2051.

The February issue deadline is January 15.

'Cardio Sampler' Gets Students' Hearts Pumping

Brett Larson Staff Writer/Photographer



Athena Sagataw



Chris Gahbow



Michelle Beaulieu

When most people think of "cardio," they imagine running, biking or working out on a treadmill or elliptical machine. But Jim Ingle's "Cardio Sampler" class at Anishinaabe College is more than just running: he'll get your heart rate up to its maximum in all kinds of ways, including a resistance training weight workout.

The results have been startling. One student started the class able to do 13 pushups and is now at 31. Her first mile took her over 15 minutes; now she's down to 11.

Ten years ago, while looking for workouts for diabetics, Jim came across a theory by a Japanese exercise physiologist named Tabata, claiming that an aerobic and an anaerobic (with oxygen/without oxygen) workout can be combined and is the best route to weight loss as well as overall health. The theory was the inspiration for the P-90X, Insanity and Crossfit workout programs and, according to Jim, it has been proven time and again.

It's that theory that inspires Jim's classes, as well as his own preparation for Senior Olympics competitions.

"Diabetes becomes a disease of circulation," Jim says. "The best thing you can do is to increase the whole body's efficiency in its use of oxygen." That means more than just running, but strengthening the core muscles with weights and other resistance training. He's had diabetic students decrease their insulin use by 30 percent in 30 days.

Jim's workouts are also effective for weight loss. By

way of comparison, a 30-minute jog will burn about 300 calories; a 30 minute workout with Jim can burn up to 1,200 calories done with appropriate intensity – and as Jim states, "intensity counts!"

The Cardio Sampler begins with a mile warm-up run – 18 laps around the gym at the community center or a mile on one of the treadmills. After that, students make circuits around the weights, getting their heart rates up to the maximum for their age. At times, Jim will allow students to rest as they hear a little lecture on health-related topics.

For Chris Gahbow, the class is an impetus to get active again. Chris was an athlete in high school and wants to get back to his playing weight. "I learned how out of shape I was," Chris says.

Michelle Beaulieu says she wouldn't have time to work out if it weren't for the class. "I never knew fat could hurt so bad," she jokes, looking ahead to another night of class.

For Athena Sagataw, the class is just the start of a commitment to health. "Now that I've joined the cardio class I have more motivation to exercise," she says. "I've also learned how to stretch all the major muscles involved in cardio training."

The 15-week, one-credit Cardio Sampler class is only offered in the fall, so interested students will have to wait to take the class. However, Jim's office is in the District I Community Center, where he's always available to help anyone who wants to work out and get healthy.

Longtime Employee Promoted at DNR

Brett Larson Staff Writer/Photographer



Chad Weiss, left, takes over the position left open by the promotion of Perry Bunting, right.

Perry Bunting, a 23-year employee of the Mille Lacs Band's Department of Natural Resources, was promoted recently to Environmental Program Manager, leaving open his former position as Surface Water Specialist.

On Monday, Dec. 8, Bunting's replacement started work at the DNR building. Chad Weiss is a Brainerd native and 2007 graduate of the biology program at the College of St. Scholastica in Duluth. Chad will be working closely with another long-time DNR employee, Aquatic Biologist and Groundwater Specialist Ryan Rupp.

Chad will monitor surface water – primarily Mille Lacs Lake – and represent the Band on the Mille Lacs Lake Watershed Group and the Rum River Watershed Restoration and Protection Project.

Pipe and Dish is a Nay Ah Shing Tradition

Brett Larson Staff Writer

On the first Monday of every month, students at both the upper and lower Nay Ah Shing schools participate in an ancient and important ceremony: pipe and dish.

Joycelyn Shingobe, Executive Director of Education, said, “One of the missions of the schools is to instill in the students respect for the culture and who we are as Anishinaabe people. The weekly and monthly ceremonies are an important part of that.”

The ceremony begins with students and staff offering tobacco to give thanks and ask for help, which is followed by the passing of the pipe and a prayer in the Ojibwe language. A student, chosen based on good behavior, assists with the tobacco offering and the pipe. Students and adults have the option of smoking or acknowledging the pipe. Most acknowledge the pipe but don’t smoke it.

At the upper school on Dec. 2, John Benjamin, who learned the prayers for the pipe ceremony from Amik (Larry Smallwood), offered the tobacco and food to the Creator and all his helpers.

John speaks to the Gitchi Manidoo on behalf of the students and ends with an expression of wishes for a successful week and month.

At the Abinoojiyag (lower school), the ceremony ends with students and staff lining up to eat. After the prayer at the upper school, students present a plate of food to each of the adults in the room and then come forward for their own.

Jodell Meyer, Ojibwe Language Coordinator for District I schools, said, “This is something the Anishinaabe people have

done since the beginning of time. Coming together in the circle reminds us that we’re here for each other, to work together.”

She said exposing the children to the pipe and dish ceremony is an important part of the educational process at Nay Ah Shing schools.

Joycelyn said the ceremony has been a part of the weekly and monthly routine since the founding of the schools. Before the decision was made to open the schools, Elders were consulted and ceremonies were performed to ask for help and success.

“Any time we’ve done something new as a Band, we’ve always met with Elders and asked for help in a good way, so that what we’re doing is for the good of the people,” she said.

The school’s mission statement expresses the importance of culture and traditions – an emphasis that was there from the beginning and continues today:

The mission of Nay Ah Shing School is to teach Ojibwe Language, Culture, Tradition, History, and Skills to live in two Cultures by:

- Educating Students academically, socially, emotionally, and physically in a safe and supportive environment.
- Building relationships and socializing skills by teaching respect for themselves, for Elders and for all individuals.
- Creating a strong partnership with parents.
- Accommodation of learning styles and teaching life skills.

Road Crews Gear Up For Winter with New Trucks

Brett Larson Staff Writer/Photographer



Mille Lacs reservation residents may see some new vehicles cruising the area roads this winter. The trucks will be hard to miss because they’re bright orange – and very big.

The Community Development department has invested in two new snowplows – a Freightliner for District I and a Mack for District III. The District I truck will also be used in District II to widen the roads after a snowfall.

Roads supervisor Tony Pike said the new trucks are equipped with features to help his crews keep roads safe throughout the year. The salt chute in back can be reversed in the summer to add gravel to shoulders, and they have belly blades for grading.

In the winter, the on-board computers keep track of how much salt and sand are being used. That can help Tony save money on salt – which is at a premium this year. The trucks are also big enough that Tony’s drivers will be able to pick up salt themselves, saving on delivery costs.



District I drivers Roger and Roy Garbow and Dan Thomas will stay comfortable in the cab of the new Freightliner, which is important on long days of maintenance, which can stretch from 6 a.m. to 10 p.m. during and after a snowfall — holidays included. “When the government center gets a snow day, that’s usually our day to work,” Tony joked.

Most importantly, the new trucks will help Tony and his crews keep roads free of snow and ice. “That’s our main goal,” Tony said. “To keep everybody safe and prevent accidents.”

To help them accomplish their goal, Tony and the drivers remind residents to keep a safe distance from plow trucks.

The new trucks will be used primarily on Mille Lacs Band roads and parking lots, providing services similar to what county highway departments provide on county roads. If area residents have problems with snow removal or safety on county roads or state highways, they should contact their county or state transportation or public safety departments.

Niigaan Staff Attends Indian Home/School Liaison (IHSL) Training

Shawn Willis Chiminising Niigaan Youth and Community Coordinator



Suzanne Wise and Niigaan staff



Haley Pfaff and Jaylene White



On December 4-5, staff from the Mille Lacs Band Niigaan Program attended Indian Home/School Liaison Training (IHSL) at Ruttger’s Bay Lake Lodge in Deerwood, Minnesota.

Commissioner of Education Suzanne Wise also attended the two-day training event, which explored different techniques for working with youth who have had adverse childhood experiences.

“There was a lot of good information we will bring back to the kids and use,” Niigaan Life and Learning Mentor Jaylene White said.

The training also focused on youth with ADHD, OHD, and other special conditions. This was particularly insightful for staff, as they learned how to provide better service to our youth.

“I am very happy with the training,” said Haley Pfaff, Niigaan Physical Education Mentor. “This will make it possible to better connect with some of the children.”

“Our staff gained valuable information that will be used to better serve our youth,” said Robert Livingston Jr., Aazhoomog Niigaan Coordinator.

Small Business Development Help Available

Brett Larson Staff Writer



John Gunstad

“Going Into Business for Yourself,” a class taught by John Gunstad of the Small Business Development Center in Brainerd, will be held at Grand Casino Hinckley on Monday, Jan. 26, and the Government Center in District I on Wednesday, Jan. 28.

As long as there is interest, classes will continue to be held on the fourth Monday of each month in Hinckley and the fourth Wednesday in District I.

According to John, the class is centered on the business plan that would need to be prepared by anyone wishing to start a new business.

“During the class I will go through the business plan outline and identify the areas that need special attention. I will also field any questions that arise,” John said. “I tell students how to contact me in the future if they want assistance.

The class normally takes about an hour and a half, with time afterward to meet with anyone who wishes to ask any additional questions.

If you are interested, please register with John or contact him with questions at 218-828-2002 or jgunstad@charter.net.

Bath Safety

Tammy Moreland

Performance Improvement Manager

Water and smooth surfaces can together convert the bathroom into a risky place. The bathroom is the most visited room in most homes, yet it can be a dangerous place. Bath safety is an important part of general home safety.

One third of falls in homes occur in the bathroom.

All family members, despite their age or health are at risk. Bath safety equipment can help keep this room safe!

Follow these safety tips to prevent accidents in your bath:

- Keep the floor clean and dry.
- Use night lights in bathrooms and hallways.
- Grab bars in showers, tubs and toilet area.
- Use non-slip strips in your tub or shower.
- Select impact-resistant shower doors and bathtub attachments.
- Put a bath mat with non-skid base next to the bathtub and shower.
- Use scald-prevention devices, to check on the water temperature.
- Keep all electronics a safe distance away from children and water.
- Electrical outlets should have ground fault circuit interrupters.
- Use door locks that can be unlocked from both sides.

For more information on bath safety equipment contact: Jackie Jensen, RN Public Health at 320-532-7783.

Blood Donation Month

There are many reasons to donate blood! Donating blood saves lives!

Jackie Jensen RN Home Care

Each year 4.5 million people need a blood transfusion. Someone needs blood every two seconds around the world. If we do not donate, where is this blood going to come from?

There are four main blood types: A, B, AB and O. Healthy adults who are older than 17 years of age and at least 110 pounds may donate a pint of blood. This can be done every 56 days, or every two months, depending on iron levels.

About the donation process

Donating blood is one of easiest ways to support your community. Your donation will help save the life of up to three people! If you’ve never donated blood before, you’re probably wondering what you can expect and you may even be a little nervous, but don’t worry: giving blood is safe and simple. Although the actual blood draw takes only a few minutes, the entire donation process takes about an hour.

Step-by-step

- **Step 1:** Registration. Present your photo ID Card and read information sheet about donating blood.
- **Step 2:** Donor Health History and Mini Physical. Answer questions about past and present health history (information is kept private). Temperature, blood pressure, heart rate and hemoglobin tested.
- **Step 3:** Hydration. Drink water or other beverage prior to your donation. The more hydrated you are, the faster your donation will be and the better you’ll feel afterwards.
- **Step 4:** Donation. The draw usually takes less than 10 minutes for a unit (about a pint) of blood. You’ll squeeze a ball to keep the blood flowing while you read, relax or chat with one of the nurses.



Donating blood is one of the easiest ways to support your community.

- **Step 5:** Visit the Canteen. Sit, relax and have a snack and drink at our donor canteen for a few minutes. All done – Enjoy your day. You’ve earned it!
- **Step 6:** Relax. After donation, avoid strenuous physical activity or heavy lifting for a few hours.

For more information call the Central Minnesota Red Cross Chapter toll-free at 800-560-7641 or visit redcross.org.

Join us for the 49th Mille Lacs Band Traditional Powwow Opening Session!

It is time to get started!! The Traditional Powwow Committee needs you.

When: Tuesday, January 20

Time: 6 p.m.

Where: Grand Casino Mille Lacs Events and Convention Center



The Powwow Committee will be electing officers, seating new members, and preparing for the 49th Annual Mille Lacs Band of Ojibwe Traditional Powwow August 21, 22, & 23, 2015.

Powwow Committee Members are either: Employees/Associates of the Mille Lacs Band of Ojibwe, Band Members, Parents/Legal Guardians of a Band Member, or Direct Descendant of a Mille Lacs Band Member.

All powwow committee members are volunteers!

Executive Committee Election

- Only Powwow Committee Members are eligible to vote.
- A Candidate must accept their nomination in person at the Opening Session.
- Powwow Committee Members must cast their votes in person.
- The Traditional Powwow Committee does not allow proxies.
- If you have any questions or comments, please contact Carla Big Bear at 320-532-7517.

Benjamin is a Lifelong Learner – and Teacher – of Ojibwe

Brett Larson Staff Writer/Photographer



John Benjamin, District I Ojibwe Language Instructor

Like many Mille Lacs Band members, John Benjamin heard the Ojibwe language growing up and learned some vocabulary along the way. Also like many Band members, he didn't feel confident speaking the language.

"I heard it a lot when I was young, but I never really picked it up," he said. "I learned a bunch of words in high school, but I couldn't put a sentence together. I really started getting into it in college in 2000."

John enrolled at Fond du Lac Community and Tribal College and studied the Ojibwe language with instructor Dan Jones. During his second semester, he gave an introductory speech at a Wisdom Steps conference at Black Bear Casino. John was pulled aside by Amik (Larry Smallwood), who was impressed with John's ability and offered to help him with the Mille Lacs dialect.

John has been working hard at the language ever since and is now the District I Ojibwe Language Instructor at the community center. As he has learned the language from Amik, Lee Staples and others, he has also learned about the culture and spirituality of the Anishinaabe people, and he now does the pipe ceremony at Nay Ah Shing schools.

For John, language and spirituality go hand in hand. A friend of his once told him that offering tobacco and asking for help has resulted in progress with learning the Ojibwe language. "That really stuck with me," John said.

Today, John relies on the expertise of many people who answer his questions about the language. He visits with Elders like Susan Shingobe (his grandmother), Maggie Kegg (his aunt), Elfreda Sam, and Carol Nickaboine. He gets help from professors Anton Treuer and Brendan Fairbanks, or other experts like Chato Gonzalez and Adrian Liberty.

During the day when he doesn't have any Ojibwe speakers

around, John talks to himself in Ojibwe to stay in practice. He also serves as an Ojibwemowin tutor for Dan Jones's Fond du Lac Tribal College's ITV classes through the Mille Lacs Band's Anishinaabe College.

When he's not learning, he's teaching at the Community Center. He recently started teaching a class for employees of the Health and Human Services Department, and he expects to start teaching young people in the Niigaan program soon. He said he's happy to help tutor individuals as well as teach larger classes.

For John, the biggest challenge of his job is helping students to get their brains to shift gears from English to Ojibwe. "I tell my students something Dan Jones says to his classes: 'You're stuck in English thinking. You're supposed to leave your English hat outside the door and put your Ojibwe hat on.'"

The most satisfying moments for John are when he sees the light bulb go on for his learners, when suddenly they are able to put a thought in Ojibwe.

John is one of several young Mille Lacs Band members who pursue learning the Ojibwe language as a lifelong project – and career choice. His only regret is that he didn't start sooner. He feels comfortable teaching beginner and intermediate learners, but he wishes he had the fluency and expertise to speak and teach at an advanced level. When he gives the prayer at Nay Ah Shing, he sounds like a fluent speaker, but he doesn't describe himself that way.

As his life shows, though, it's never too late. He's only 38, so by the time he's an Elder, he may reach his goal. It gives him a sense of satisfaction to be among those Band members who are helping to keep the language and culture alive and thriving.

The most satisfying moments for John are when he sees the light bulb go on for his learners, when suddenly they are able to put a thought in Ojibwe.

Gidinwewininaan

Baabiitaw Boyd Gaa-ozhibii'ang



This month's article is about working at Waadookodaading Immersion school in Hayward, WI.

Niminwendam wiindamoonagog

gii-pi-aanjigoziyaan omaa Bakeyaabashkikaang. Mii iw oodenaa besho maa Odaawaa-zaaga'iganing ishkoniiganing. Nigii-anoonigoo omaa Waadookodaading bizhishig-ojibwemowigikinoo'amaadiiwigamigong da-naadamawag a'aw gekinoo'amaaged imaa eko-niizhing naa eko-nising. Nigii-sanagendaan dash gii-inaakonigeyaan da-aanjigoziyaan. Nigwiinawenimaag ingiw gaa-wiidanokiimagig iwidi Neyaashiing. Ayaapi-go aanind niwaabamaag widi niimidiwigamigong giiweyaan. Geyaabi-go nigagwe-wiidoakawaag ingiw niwijji-gikinoo'amaaganag da-nitaa-ojibwemowaad weweni gaye.

Naa biinish-go gaye noongom niwiidoakawaag ingiw ikwewag enokijig widi Miskwaanakwad abiwining widi Wewinabi weshki-maajitaajig gikinoo'amaadiiwigamigong.

Noongom dash widi Waadookodaading nindazhiikaamin iw "Azhe-ozhisijigewin" imaa asigibii'igewaad ingiw abinoojiinyag eko-niizhing/eko-nising debendaagozijig. Anooj-igo aabajichiganan odayaanaawaan ingiw gekinoo'amaagejig noongom dash wiinawaa gaa-kikinoo'amaagewaad mewinzha. Nindani-nitaa-asigibii'ige indigo-naa abinoojiyag naasaab wapii.

Niigaan dash niwii-kagwe-wiindamaage iw gikinoo'amaagewinan da-naadamawindwaa ingiw gekinoo'amaagejig.

Wii-ozhibii'igeyaan miinawaa niwii-tibaadodaan iw enanokiimagak iw ezhi-mawanjii'iding naagaanizijig imaa anishinaabe-ishkoniganing. Ningikinoo'amaagoz iwidi BUSH foundation da-nitaa-gwayakosidooyaan ezhiseeg iw anishinaabe-ishkonigani-inaakoniganan da-mino-ayawaad ingiw anishinaabeg imaa neyaashiing giniigaaniiminaang. Miigwech omaa agindaasoyeg!

Are you an Elder or do you know an Elder who has a story to tell?

The *Ojibwe Inaajimowin* is looking for Elder stories for upcoming issues.

Send your name, contact information, and a brief description of the Elder you would like to feature to Andy McPartland at andy@redcircleagency.com or call 612-248-2051.

TRIBAL NOTEBOARD

Happy January Birthday to Mille Lacs Band Elders!

Mark Raymond Anderson
Debra Lou Bellamy
Mary Anne Bellonger
Art Benjamin
Gladys Marie Benjamin
Daniel Duane Boyd Sr.
Edith Ruth Bush
Patricia Jean Clark
Ronald James Crown
Lorna Jean Day
Bonnie Jean Dorr
John Charles Dowell
Jody Marie Dunkley
Dora Ann Duran
Brian Allen Eagle
Isabel Eubanks
Michael Gerard Gagne
Janet Lee Gahbow
Ella Reine Garbow
Rose Marie Holmquist
Katherine Ann Jackson
Charles Ted Johnson
Grover Joseph Johnson
Patty Jo Johnson
Marty Kegg

Richard Duane Kegg
David Henry Kost
Lucille Kuntz
Carmen Marie Lone
Priscilla Joann Lowman
Gloria Jean Lowrie
Curtis Lee Martin
David George Matrious
Thomas Tecumseh McKenney
Temperance Yvonne McLain
Michael Samuel Merrill Jr.
Mushkooub
Cora Lucille Nelson
Rosalie Ann Noonday
Dorothy Marie Olson
Donna Jean Pardun
Steven Lee Pewaush
Shelley Ann Pindegayosh
Patricia Marie Potter
Dora Ann Sam
Elaine Bernadette Sam
Henry Sam Jr.
Janice Marie Sam
Ruth Ann Shaugobay
Joycelyn Marie Shingobe
Bonnie Shingobe-Neeland
Larry Marion Smallwood
Joseph Alex Staples

Kathleen Marie Vanheel
Walter James Weyaus Sr.
James Edwin Wind Jr.
Nancy Lee Wood

Happy January Birthdays:

Happy Birthday **Mom** on 1/2 with love from Ashley, William, Asia, and BP. • Happy Birthday **Jimmy** on 1/4, love Mom, Dad, Cordell, Christopher, Gram Karen, Sharon, Ravin, Melodie, Auntie Val, Pie, Kev, Tracy, Shel, Max, Aidan, Jarvis, Jake, Aiva, Mark, Emery, Uncle Brad, Brad, Braelyn, Payton, Eric, Wesley, Brynley, Bianca, Bruce, Jayla, Lileah, Randi, Rachel, Waylon, and Adrian Jr. • Happy 21st Birthday **Damez** on 1/6 with love from Aunty Bevy, Gerald, Cede, Jodi, Levin, Wade, Levi, Penny, and Baby Avery. • Happy 21st Birthday **Damez Solis** on 1/6 from Maria & Erkle. We love you! • Happy Birthday **Daddy** on 1/15! Love your baby girl Ahrianna. • Happy Birthday

Brandon on 1/15, love Mom, Brandi, and Chantell. • Happy Birthday **Uncle Brandon** on 1/15 with all our love Elias, TANK, Sissy Bear, and Rico. • Happy Birthday **Adam Parker** on 1/15, love Dad, Taylor, Papa Brad, Granny Kim, Papa Kyle, Auntie Val, Pie, Kev, Uncle Brad, Braelyn, Payton, Eric, Wesley, Brynley, Bianca, Uncle Bruce, Jayla, Lileah, Auntie Randi, Auntie Rachel, Waylon, and Adrian, Jr. • Happy Birthday **Uncle Rod** on 1/15 with love from Ashley, William, Asia, and BP. • Happy Birthday **Shane** on 1/15 from Ashley, William, Asia, and BP. • Happy Birthday **Weh eh Jaeden Sky** on 1/17 from your Weh eh Ashley. • Happy Birthday **Amber Sky** on 1/18 love Aunty Ashley, William, Asia, and BP. • Happy Birthday **Worm** on 1/22, love the Harrington, Pendegayosh, Moose, and Blake families. • Happy 3rd Birthday **Cory**

Nadeau Jr. on 1/24 with love from Grandma, Grandpa, Whitney, Nadine, Jared, Mom, Dad, PJ, Grandpa Doug, Auntie Chicky, and Uncle Ogui. • Happy 15th Birthday **William Sayers, III** on 1/25 from Grandma Sami, Chilah, Dad, Dezy, Xaviar, and Jayden & Jayden. • Happy Birthday **Danielle Smith** on 1/31 love Auntie Tam, Brandon, Chantel, Jazmin, Ahrianna, Brandi, Elias, TANK, Alizaya, and Rico. • Happy 30th Birthday **Debo Thomas** on 1/31 from Mom, Sonny, Chilah, Dezy, Xaviar, and Jayden & Jordan.

Submit Birthday Announcements

Send name, birthday and a brief message that is **20 WORDS OR LESS** to Andy McPartland at andy@redcircleagency.com or call 612-248-2051.

The deadline for the February issue is January 15.

Mille Lacs Indian Museum January Events

Kids' Crafts: Story Book Time and God's Eye Activity

Saturday, January 3

Time: noon – 3 p.m.

Fee: \$4 per kit (museum admission not included)

Enjoy stories and light snacks from noon to 1 p.m. Then learn how to weave a "God's Eye" to take home. The decorative designs are used on ceremonial shields of American Indian tribes of the southwestern United States. Participants will receive an instructional handout and materials to make the craft item. Please allow an hour for the activity. This project is recommended for children ages 8 and up. For more information please call 320-532-3632 or send an e-mail to millelacs@mnhs.org.

Ojibwe Mitten Workshop

Saturday, January 24 and Sunday, January 25

Time: 10 a.m. – 4 p.m. on Saturday and 10 a.m. – 2 p.m. on Sunday

Fee: \$65/\$60 for MNHS members; additional supply fee of \$15

Reservations: required three days prior to workshop, call 320-532-3632

Learn techniques of leather working at this two-day workshop. Participants will make a pair of Ojibwe-style mittens to take home. A light lunch and refreshments will be provided both days. A minimum of five participants required to host workshop. Children under 18 must be accompanied by an adult. Discounted hotel rooms are available for workshop participants on Saturday night at Grand Casino Mille Lacs. For more information please call 320-532-3632 or send an e-mail to millelacs@mnhs.org.



The 31st Annual State of the Band Address

10:00 a.m.

Tuesday, January 13, 2015

Grand Casino Mille Lacs
Events & Convention Center

Dignitaries and Non-Band Member Guests are Warmly Welcome & Encouraged to R.S.V.P. to 320-532-7486

Band Members need not R.S.V.P.

JANUARY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Want your event here?</div> <div>Email andy@redcircleagency.com or call 612-248-2051.</div>				<div>1</div> <div>New Year's Day Government Center closed</div>	<div>2</div>	<div>3</div> <div>Kids' Crafts: Story Book Time and God's Eye Activity Noon – 3 p.m. Mille Lacs Indian Museum See page 14</div>
<div>4</div>	<div>5</div>	<div>6</div>	<div>7</div> <div>Chiminising Bingo 6 p.m. Chiminising Community Center</div>	<div>8</div>	<div>9</div>	<div>10</div>
<div>11</div>	<div>12</div>	<div>13</div> <div>State of the Band Address 10 a.m. Grand Casino Mille Lacs Events & Convention Center A bus from Minneapolis is available at 7:30 a.m. if you need a ride. RSVP with the Urban office. See page 14</div>	<div>14</div>	<div>15</div>	<div>16</div>	<div>17</div>
<div>18</div>	<div>19</div>	<div>20</div> <div>Mille Lacs Band Traditional Powwow Opening Session 6 p.m. Grand Casino Mille Lacs Events and Convention Center See page 12</div>	<div>21</div> <div>District III/ Aazhoomog Community Meeting 5:30 p.m. Grand Casino Hinckley Event Center Chiminising Bingo 6 p.m. Chiminising Community Center</div>	<div>22</div>	<div>23</div>	<div>24</div> <div>Ojibwe Mitten Workshop 10 a.m. – 4 p.m. Mille Lacs Indian Museum See page 14</div>
<div>25</div> <div>Ojibwe Mitten Workshop 10 a.m. – 2 p.m. Mille Lacs Indian Museum See page 14</div>	<div>26</div> <div>District II Sobriety Feast 5 p.m. East Lake Community Center</div>	<div>27</div>	<div>28</div>	<div>29</div> <div>District II Community Meeting 5 p.m. East Lake Community Center District II-A Sobriety Feast 5:30 p.m. Chiminising Community Center Urban Area Community Meeting 5:30 p.m. All Nations Indian Church</div>	<div>30</div>	<div>31</div>

Child Support Enforcement Update

The Mille Lacs Band Child Support office would like to remind Child Support clients when changing their address with Enrollments or OMB to change their address with our office as well.

The Mille Lacs Band Child Support office offers Genetic testing for Child Support purposes. Below is some information on the Minnesota Recognition of Parentage form (ROP).

Purpose:

- Signing a Recognition of Parentage (ROP) form establishes a legal relationship between a father and child when the father is not married to the child’s mother.
- Signing an ROP is a presumption of paternity or paternity between a father and child when the father is not married to the child’s mother
- Creates and waives certain rights and responsibilities for the mother, father and child
- Allows the father’s name to be on the child’s birth certificate.

Knowing your rights when signing a Recognition of Parentage Form (ROP):

- An ROP does not give custody or parenting time to the legal father. However, an ROP gives the father the right to ask the court for custody or parenting time.
- Both parents can take legal action to establish paternity instead of signing the ROP and either parent may apply for paternity establishment services at a local child support office.
- Either parent can choose to have genetic testing done before signing an ROP.
- An ROP is a legal document. If both parents are age 18 or older when the form is signed, the ROP is the same as a court order determining the legal relationship between a father and child.
- If either parent is under the age 18 when the form is signed, the ROP is only a presumption of paternity. It is not final. Parents have six months after the youngest of them turns 18 to take legal action to declare the nonexistence of the father and child relationship.
- Either parent can cancel an ROP by stating in writing that, “I am revoking the ROP.” You must sign the revocation in front of a notary public and must file the revocation with the Office of Vital Records within 60 days after signing an ROP form. If you have not filed a revocation within 60 days and still want to cancel an ROP, you will need to take legal action to request a change to any of the information on an ROP.
- An ROP will not be considered valid if the mother of the child was married to another person at the time the child was conceived or born unless the ROP is filed in conjunction with a Spouse’s Non-parentage Statement.

Waiver of rights: By signing a Minnesota Voluntary ROP form (DHS-3159), you give up the right to:

- Have blood or genetic testing done later to prove that a different man is the biological father of the child
- Have an attorney represent you in a paternity proceeding
- A trial to determine if a different man is the biological father of the child
- Cross-examine witnesses in a paternity proceeding
- Testify about whom the biological father of the child in a paternity is proceeding.

Custody and parenting time information: When a child is born to parents who are not married to each other the law gives custody of the child to the mother. If the father wants a different custody arrangement, he must go to court. If the parents cannot agree on parenting time, the father must go to court.

If you have questions, please contact an attorney or Mille Lacs Band Legal Aid at 320-532-7798.

Diabetes Program Update

Did You Know?

Did you know that diet and exercise can provide the greatest decrease in blood sugar? Up to a 3% lowering of HgbA1c (a test of your three month average of blood sugar) can be achieved through diet and exercise changes alone — a greater decrease than most medicines can provide!

Start your new year with a visit to the dietitians and fitness professionals right here within the Band — we visit all districts and are open to your scheduling needs.

Make it a great 2015!

Healthy Heart January Event:

We will be showing the DVD “Walking Down Your Blood Sugars” at our monthly Healthy Heart Class

- Tuesday, January 20 at noon
District III Community Center
- Tuesday, January 27 at noon
District I Community Center

Walking Strong Program

District I is offering the “Walking Strong” program again. Scheduled times are on Tuesday and Thursday’s between 10 a.m.–2 p.m. You set your duration and pace for your work out! For more information, contact Jim Ingle 320-532-7547.

Diabetes Group Education Classes Resume

We are offering our diabetes group education classes again! We are teaming up with Grand Casino Mille Lacs and Hinckley to host a four series diabetes classes for all interested community members and associates. These classes are great for anyone newly diagnosed with diabetes or pre-diabetes,

anyone who has not had diabetes education before, or anyone who needs a refresher on anything diabetes related.

We will be offering our fourth class as scheduled:

- Wednesday, March 11 from 10 a.m.–12 p.m.
The teamwork room at Grand Casino Mille Lacs
- Wednesday, March 18 from 10 a.m.–12 p.m.-
Location T.B.D. at Grand Casino Hinckley

Follow-up class dates to be determined. If you are unable to make the final class our four series diabetes classes, please contact us, and we will schedule you for the next round of classes.

Focus On Your Feet Month!!

Now is a great time to take care of your feet! It’s good to have your feet looked at once a year. Let us help you schedule that foot exam that you’ve been meaning to do!

Our foot doctor, Dr. Ryan, is at the clinics on the following days:

- Ne-la-Shing: Every Thursday
- Aazhoomog: 1st Wednesday of the month
- East Lake: 3rd Wednesday of the month

Call your clinic to schedule your foot exam, or call Kelsay Grams at 320-532-7790 with any questions.

New Year’s Resolutions: You Can Change for the Better!

Becky Swansey Community Health Educator

The start of a New Year is the perfect time to turn a new page, which is why so many people create New Year’s Resolutions. A new year often feels like a fresh start, a great opportunity to eliminate bad habits and begin new routines that will help you become healthy, such as quitting smoking or losing weight.

Certainly, a lot of resolutions fail and lose steam by mid-January but it’s not always the case. With the right mentality, anything can be accomplished. You can use this to your advantage by focusing on making lifestyle changes that lead to improving your overall health. Think about the things that affect your life negatively. Make a promise to yourself to set goals for healthy changes this year!

When it comes to smoking cessation or weight loss, having the tools to get the job done can also be a major factor in your success. Such tools include Nicotine replacement therapy, access to exercise equipment, healthy food in your house and support.

Remember: Don’t give up on yourself and keep thinking about the benefits of what you are doing. There is nothing better than the satisfaction in knowing that you are going to live a longer life!

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Heating, Water, and Maintenance Problems?

During normal business hours: tenants in Band rentals and Elders living within the service area should call 800-709-6445, ext. 7433, for work orders. **After business hours:** tenants with maintenance emergencies should call 866-822-8538 and press 1, 2, or 3 for their respective district.

Free Hearing Evaluations

Evaluations take place on the second Friday of each month at Ne-la-Shing Clinic. Call 320-532-4163 to schedule an appointment. Walk-ins are welcome — we will do our best to serve you. Ask us about the \$1,000 in hearing aid benefits you can receive from the Circle of Health.

Hearmore Hearing has offices in Saint Paul and Osseo. To schedule an appointment Monday through Friday, call the Saint Paul office at 651-771-4019 or the Osseo office at 763-391-7433.

OJIBWE INAAJIMOWIN

THE
STORY
AS IT'S
TOLD

FEBRUARY 2015 | VOLUME 17 | NUMBER 02



THE STATE OF THE BAND ADDRESS: PROTECTING THE GIFT

Commissioner of Health and Human Services Sam Moose,
artist Jerry Windorski, and Mille Lacs Band Elder Dave Matrious

PAGE 2

PIPELINE
PROTESTS
CONTINUE

TRADITIONAL
FASTING
PRACTICES

HARRY DAVIS:
FIGHTING FOR
HIS CULTURE

SPEECHES
FROM STATE OF
THE BAND

2015 State of the Band Address: Protecting the Gift

Melanie Mahndaamin Benjamin Chief Executive **Bob Pearl** Photographer

Each year the Chief Executive of the Mille Lacs Band addresses the community, reflecting on the previous year and looking forward to the one ahead. For her 2015 address, Chief Executive Melanie Benjamin focused on the theme of cultural sovereignty. We've reprinted Melanie's full remarks in this issue for those who may have missed the speech. Miigwech to everyone who made this special event happen!



Aniin, Boozhoo! Madame Speaker, Members of the Band Assembly, Madame Chief Justice, Judges of the Court of Central Jurisdiction, my fellow Band members and honored guests: It is my duty under Band law and my honor as Chief Executive to deliver the 2015 State of the Band Address.

In our culture, we count years from one winter to the next. Our new year began with the Winter Solstice, when the sun stopped moving in the sky. An Elder told me that on that day, the Manidoog in the sun stops and looks over all of us on earth, to see how we are living.

Like the sun, today is a time for us, as a Band, to look back on the last year, to talk about our hope for the future and the issues, challenges and opportunities we face as an Indian Nation.

We must always keep in mind that each New Year is a gift, just as every new baby is a gift. Gifts must be cherished. Gifts that are fragile must be protected. We begin this New Year with hope for better things.

For many of us, life may not seem much different from a year ago. But there have been significant changes. The most important event from 2014 was our tribal elections. We said Miigwech to our outgoing officials, and welcomed in three new officials, proving again, that our democratic system works.

I've appreciated working with Speaker Beaulieu and the new Band Assembly. Miigwech for your service!

I'd like to share a few of the brightest highlights from the Executive Branch last year:

- We expanded physician services to Districts II and III.
- We added two Native physicians to our staff, and one Native Nurse Practitioner.
- Wonderful work was done on our Oral History Project and new friendships were made between Band Elders, and Dakota Elders.
- We launched a Wrap-Around program for Band members and families in crisis.
- We created a Bridge Academy in the DNR to attract youth into natural resource careers.
- Important work was done to restore Ogechie and Nammachers Lakes.
- The Tribal College grew and expanded.
- We are very close to gaining federal approval to reopen Pine Grove Learning Academy as a satellite of Nay Ah Shing School.

Last year, I told our commissioners to work on programming to help Homeless Band Members. I'm pleased to announce that we have remodeled the old "Budget Host" on 169, and it is now available to those in need of transitional housing at a nominal cost.

Also, last year at State of the Band, I announced that our investigation of the Tribal Police Department was concluded, and we had just received our law firm's recommendations for moving forward.

The report called for the overhaul of our Tribal Police Department. I am very pleased to report that this work is in progress and has gone well. It is being led by our Interim Chief of Police, Jared Rosati.

Chief Rosati has done a great job building trust with Band Members, and has already built strong relationships with other county and tribal law enforcement agencies. The Band just entered into a data-sharing agreement with several other tribes, which should help us all reduce crime.

I am especially happy to announce that — for the first time I know of — violent crime on the reservation has decreased.

Our police officers have a difficult, sometimes dangerous job. To Chief Rosati and the other officers, Miigwech for your commitment to making our communities safe!

As you saw in the video earlier, for our businesses, 2014 was a good year for the Mille Lacs Band:

- Purchasing the two hotels in downtown St. Paul has proven to be a wise decision; both hotels performed very well this year.
- We now own an Embassy Suites in Oklahoma City, which should be equally successful. Many Elders have said they would like to see our new property, so we will be hosting a bus trip to Oklahoma City later this year when the weather is a little warmer!
- We opened The Rival House restaurant in St. Paul.
- Eddy's was torn down and is being rebuilt as an upscale resort.
- We purchased an internet marketing company
- We are building a commercial laundromat
- We are building a medical center in Hinckley.
- And while gaming revenue is down across the country and in the region, our two casinos still performed well.

Overall, I am happy to report that the financial State of the Band is strong.

Before our first casinos opened in 1991, Chairman Art Gahbow used to say, that gaming was a tool, but not the solution. Part of Art's vision was that we would not be dependent on gaming. Art wanted us to invest gaming revenue into rebuilding our economy around many businesses. If gaming ever failed, he wanted us to have something to fall back on. Art wanted a diversified economy.

For the past 24 years, that has been our goal. During that time, we've explored different businesses, some successful, some not so much. Sometimes we kept businesses open, not because they were profitable, but because they provided a service and jobs for Band Members.

Today, for the first time in our history, every single business we own is making a profit. Most important: Although gaming declined across the Nation this year, we did not have to reduce our budget for Band Member services, because our non-gaming businesses did well.

While some other tribes must cut services when gaming declines, the Mille Lacs Band of Ojibwe no longer depends on gaming alone.

We still have unmet needs, but due to careful, smart planning, the long-term financial outlook for the Mille Lacs Band has never been brighter. In that way, Art's goal has been achieved!

To Art Gahbow's family, I just want to say I am so grateful to have had a chance to work with Art, and to be mentored by him. I am also proud to have two of his grandchildren, Chasity and Christopher, working in my office. Miigwech to the Gahbow family for your contributions to our community.

We all stand on the shoulders of those who came before us. So I also want to acknowledge the dedication, hard work and commitment of former Chairwoman Marge Anderson. Marge devoted her life to this Band, and worked hard to carry on Art's vision, which she was part of creating. Miigwech to Marge's family for supporting her work and her sacrifice for the future of our Band.

In many ways, things have never been better. Today, many of us have nicer homes and better jobs than ever before. As Curt Kalk used to say, "You can tell things are getting better, because you don't hear the cars anymore when they're pulling into the parking lot."

Any Band Member can afford a college degree if they want one, and they can get Master's Degrees, or become doctors

or lawyers. This spring, two Mille Lacs Band Members will graduate from law school.

As a government and in business, we came very far, very fast. But the State of the Band is not just about economics. As Chief Executive, it is my job to look beyond the ledger sheet. Because our community is so much more than that.

We have used our tribal sovereignty to achieve great things: Self-Governance, gaming, and our treaty rights.

But when we look long and hard at our community, every one of us in this room knows that we still face serious challenges. There are still threats to our families, our children, and our unborn future generations.

A few weeks ago, Band Members received a letter from myself, Speaker Beaulieu, and Representative Blake. This letter was about a painful issue that has become a crisis for the Mille Lacs Band of Ojibwe: The number of our babies born addicted to opiates.

This is currently the single greatest threat to the future of the Mille Lacs Band.

Minnesota has the highest rate of Native American, opiate-addicted babies in the United States. It was heart-breaking to learn that we are one of the hardest-hit tribes in the State.

In late December, I held a series of Elder Meetings in each District, and we discussed this crisis. The Elders were deeply moved, and extremely concerned.

One thing all agreed on: Babies are our most precious gift from the Creator, and our main job in life is to protect that gift.

I asked for feedback and ideas. I have been amazed by the many suggestions from Elders, expressions of support and commitment to do whatever they can to protect our babies.

Of the hundreds of ideas, there were a few common themes. First, protecting new life begins before a woman becomes pregnant. Our little ones are learning right now how to be parents, from the adults who take care of them.

Second, we all know women don't become pregnant on their own. Our young men are responsible for those lives as much as the women, and have a duty to help that baby come into this world healthy. As families, we must do more to hold all of our sons and grandsons accountable for raising, caring for, and providing for their children.

Third, protecting that sacred new life is also a community responsibility. Everyone has a role in stopping this epidemic, especially the family and Elders. I was told again, and again: The family members know who is using, and they know who is selling. Many Elders said that people who think they are protecting their family, by not turning them in, are just as responsible for these babies as those who are selling the drugs. It is not enough for the government to have a zero tolerance policy. Every family in this room must have a zero tolerance policy.

Fourth, Elders also said that the family must do what it takes to get the woman help. If a woman gets medical help early, her chances of having a healthy baby are much higher. Also, I'm told that many of these girls have no support systems, and feel totally alone. Those suffering from addiction often iso-



late themselves. It can be hard to get involved when someone is pushing you away. But we must.

Fifth, Elders have said that this is a community-wide problem that requires a community-wide response. We are working right now to plan a Band-wide summit about this issue this winter, and we will include sessions for our youth as well. Our local Mille Lacs Band Chapter of Women Empowering Women for Indian Nations (or WEWIN), has taken a leadership role in organizing this conference. Miigwech to all the WEWIN members for their commitment to stopping this epidemic. They are passionate women who care deeply for our future, and anyone wishing to join them should contact Shelly Diaz.

Of all the suggestions, however, there was one common theme that came up time and time again: We MUST, as families, as a community and as a government, unify around our values, our culture and our language. We need our culture in order to live healthy lives.

I want to speak a bit about "why" this problem has hit us so hard. In 2015, we still deal with the aftermath of 150 years of attempts to destroy our culture and our identity. Forced assimilation, attempted genocide, relocation and boarding schools might be a thing of the past, but the ghosts of those policies still haunt us today.

Science has now proven what our Elders say is true — that we have "blood memory". This means that we carry the feelings and memories of our ancestors in our DNA. We can feel the hurt they felt when they were removed from their parents and placed into the boarding schools. We can feel how sad they were to be separated from their brothers and sisters, and not being able to speak their language.

People don't decide to ruin their lives with alcohol and drugs. Those who are addicted are trying to fill an emptiness inside of them. They are hurting inside. They are trying to numb the pain that our Elders say is caused by historical trauma.

Maybe we cannot ever be free of this blood memory. But we can begin to heal ourselves, and heal our children, by reclaiming our language and culture. Our Elders say that taking care of our Anishinaabe spirit is the only way to ease this pain.

I was told by a spiritual leader that a child's spirit asks permission from the Manidoog to come to this earth and sometimes chooses who her parents will be. He said the Manidoog love every single one of us, all the same, and if they go to ceremonies and are raised in our culture, they will understand how special they are from a young age. They will be less at-risk when they are teens, and they will pass that love to their own children.

Our spirits need to hear our language, to be in our ceremonies, and to live our culture. We can regain our strength

as a people. Because our strength as Anishinaabe is also part of the "blood memory." Our bodies remember who we were before the Great Trauma. Our resilience and strength are also part of our heritage!

How do we find this strength? In Federal-Indian law, tribal sovereignty is about territory our inherent right to govern ourselves. But the solution to this problem is and always has been a kind of sovereignty that we do not have to defend, because it can never be taken away by the Congress or the courts. It is not dependent on federal grants, or gaming revenue, or permission from any other government.

It is a kind of sovereignty that we can only lose if we choose to give it up. It is called Cultural Sovereignty.

Cultural Sovereignty is ancient, and predates the arrival of non-Indians. Cultural Sovereignty is our inherent right to use our values, traditions, and spirituality to protect our future. It goes much deeper than legal sovereignty, because it's a decision to be Anishinaabe, to not just protect a way of life, but to practice living Anishinaabe, every day.

Cultural sovereignty is practiced through ceremonies, through relationships, and especially through language. It is what unites us, inspires us, and gives us hope for the future.

Before gaming, we had 80% poverty, but we were Anishinaabe Strong and our culture was thriving. Today, our cultural survival is threatened. Our Elders say that loss of culture is what is causing people to harm themselves and their family.

When people receive negative messages about their identity, over many generations, they begin to internalize and believe those things which are lies. And when they believe those terrible things, they can act in terrible ways.

Our Elders say that it is our culture, our ceremonies, and our language that can overpower those negative messages. Because our spiritual beliefs teach our children how much the Manidoog love them, they learn how special they are, how beautiful they are.

There are no federal policies anymore forcing our children into boarding schools. There are no laws against us practicing our religion. Our cultural existence cannot be lost, or destroyed, unless we allow it.

Through cultural sovereignty, we can reclaim our strength and protect the gift of our children. Think for a minute about the Elders we have lost, from the most recent Generation that practiced cultural sovereignty: Jim Clark, Raining Boyd, Millie Benjamin, Melvin Eagle just to name a few.

When we look at the way they lived their lives, these people did not care a lot about money. They did not care about better cars or nicer homes. They knew who they were. These people did not have to spend time thinking about culture —



they were too busy living it. This brought them contentment. They did not have to learn about their cultural identity — because it defined everything about them.

These people — and there are still many among us — carry their culture with them. But this is not just about age. Technically, I am an Elder now. I can guarantee you there is nothing magical that happens to a person when they turn 55. We do not become wise overnight.

We have young Elders who do not know who they are. But in contrast, we also have young adults who have devoted their lives to living Anishinaabe Strong, who do. Being Anishinaabe Strong is a state of mind, body, spirit and emotion, and everyone in this room can have that! We can all start now. Those who truly live our culture, regardless of their age, are the soul of our Nation.

For too many of us, there is something missing. Our political and economic universe might be governed by federal-Indian law, but we are defined by our moral vision and culture as Anishinaabe people.

If we save our culture, we save ourselves, we save our children, and we save future generations. Just like our schools teach students how to study and think in the tradition of western education, we need to reteach ourselves how to think, act and be the Anishinaabe Strong of traditional Elders and of our young people who live Anishinaabe culture. A few young people come to mind:

Algin GoodSky, is a 17-year-old Band Member from Minisnaakwaang who attended NCAI's national youth summit. He has been working to stop the Sandpiper Pipeline project. Last summer, Winona LaDuke convinced Algin and his brother Harvey to join their group on a 10-day horseback ride to Bemidji. Winona said that Algin and Harvey sang for the group every day and were the heart of this journey. Algin also attended an Open House in McGregor held by Enbridge, the company that wants to build the pipeline. Those corporate executives did not expect to see a young man in full regalia, speaking for the water, manoomin and earth attend their Open House. Algin was exercising his cultural sovereignty.

Trina Fasthorse, is a 16-year-old Band Member from St. Paul. No one in her family danced, but with their support, she taught herself how. Now, she teaches dancing every Wednesday night at the American Indian Center in Minneapolis to anyone who wants to learn. She also serves as a Peer Mentor for other Native youth, and is learning Ojibwe. Trina is exercising her Cultural Sovereignty.

Syngen Kanassatega and Aarik Robertson, who will graduate from law school this spring. Both were inspired to become attorneys because they wanted to make a difference. This is what happens when you have strong families who teach the importance of culture, our values, and serving the community. Those families were practicing cultural sovereignty in how they raised their sons, and I'm sure that one day those young men will be leaders of the Mille Lacs Band.

I also think of our little ones who are learning Ojibwe in our Head Start classrooms. One day I visited my 4-year old granddaughter, Danica, at school. I said something to her, and a teacher gave me a scolding look, and held up a sign that said, "No English!" That teacher was teaching cultural sovereignty!

Upon the advice of spiritual leaders and Elders, I am convinced that we must practice cultural sovereignty all day, every day, if we are to protect the gift of our future generations. This is the work of individuals and families, but Band government has a role.

For the Executive Branch, that work begins with our Commissioners. To fulfill my legal duties as Chief Executive under Band Statutes, I'm required to spend much of my time conducting relations with other governments. I provide leadership to the Commissioners, but under Band Statutes, only the Commissioners have authority to run the programs. I give them broad directives, but they make the decisions. These are big jobs.

I would like to introduce my Cabinet to you now, and ask

that each of you stand:

Catherine Colsrud, our Commissioner of Administration.

Michele Palomaki, our Assistant Commissioner of Administration.

Samuel Moose, our Commissioner of Health and Human Services.

Suzanne Wise, our Commissioner of Education.

Percy Benjamin, our Commissioner of Community Development.

Susan Klapel, our Commissioner of Natural Resources.

And finally, our Master of Ceremonies today, Joseph Nayquonabe, our Commissioner of Corporate Affairs.

I also invite Todd Matha, our Solicitor General, and John Gerdener, our Commissioner of Finance, to stand.

We are not always very good at thanking those who have the courage to take on leadership positions, but each of these people works hard for the Band. To all of you, Miigwech, for all you do.

As Chief Executive, my role is to assign the Commissioners goals. And so, for 2015, I have the following directives for the Commissioners:

To the Commissioner of Health and Human Services, Samuel Moose: You have your work cut out for you. But let me be clear: The opiate crisis is everyone's issue. I hereby direct my entire Cabinet to collaborate with you, as the lead, in fighting this epidemic.

For 2015, I direct you to work with our spiritual leaders to develop a culturally-based prenatal program for pregnant women and their partners, with a focus on our spiritual and cultural traditions around childbirth and parenting for both partners.

I further direct you to develop a program for expectant mothers who need help with addiction, so as to provide the greatest chance of delivering a healthy baby, and recovering as a family, after the baby's birth.

We need a program for foster care families to help them meet the spiritual and cultural needs of the children they take care of. We need an intensive cultural parenting program for those trying to be reunited with their children. And we need more social workers. With an average of 40 client cases per social worker, our staff are spread too thin.

Finally, several years ago, you and I developed a proposal that would provide one-stop services for families in crisis, but it was not adopted. Last November, Speaker Beaulieu and I with other Band officials toured a center in Arizona that achieves that goal. I direct you to bring back our proposal and work with the Band Assembly and the Courts to see if we can make this happen here at Mille Lacs.

To the Commissioner of Natural Resources, Susan Klapel: Our ancestors made great sacrifices to protect our land and preserve our rights. It was Art Gahbow's dream to restore the reservation. I direct you to continue work toward that dream through purchasing lands important to the Band, so we can pass on that gift to our children.

We were here, taking care of Mille Lacs Lake, hundreds of years before Mille Lacs Lake became a sport fishery and we will be here hundreds of years from this day. Nobody cares more about the lake than the Mille Lacs Band of Ojibwe. Continue to partner with the State to restore the health of our wall-eye population.

The Creator gave us the sacred gift of manoomin, our wild rice. While the Nation's attention has been focused on the Keystone XL pipeline, Enbridge has been quietly building capacity to pump even more oil than Keystone right through a path that could harm the Big Sandy Lake and Rice Lake watersheds. Your top priority in 2015 is to make sure we do everything in our power to protect this gift from the harm that could result from pipelines or mining.

To the Commissioner of Education, Suzanne Wise: Knowledge is a gift that once given, can never be taken away. For your position, exercising cultural sovereignty means that, above all else, your top priority for 2015 must be our tribal

schools and the children attending them. We must see improved attendance, performance and graduation in the schools we run.

Teachers have such hard jobs. Our staff are committed, but they need more support to do the work they've been trained to do. We also need our best teachers to feel secure and want to work here. We should never have teacher vacancies like we have had recently, for so long. Our schools must become the kind of schools that teachers compete against one another to get into.

I direct you to develop a teaching recruitment plan. To attract and keep the best teachers, especially those who speak Ojibwe and to make sure our schools can afford to compete with the best schools in the State and the Nation.

To Commissioner of Community Development, Percy Benjamin: You have a very big job. Perhaps the biggest hurdle is outdated policies that no longer work for the Band or Band Members.

Just because we've always done something the same way doesn't mean it's the right way. I direct you and your staff to work with Commissioner Colstrud and the Housing Board to overhaul Community Development policies. Deliver a proposal to the Band Assembly that streamlines our policies to better work for Band Members.

We know it can be done. A great example is the recent change doing away with interest for home mortgage loans. Miigwech to you, Commissioner Colstrud and the Housing Board for that excellent work. We need more creative changes like that.

To protect the gift of family, we must make sure Band Members have safe neighborhoods. I further direct you to work on a plan that will provide more healthy recreation for kids and youth in Districts I, II, and III.

To Commissioner of Corporate Affairs, Joe Nayquonabe: Your biggest challenge in 2015 is to create well-paying jobs for Band Members in District II. While our businesses are doing very well, we need economic development for the East Lake area. We need creative solutions to address this challenge.

To the Commissioner of Administration, Catherine Colstrud and Assistant Commissioner of Administration, Michele Palomaki: Your challenge may be the biggest of all. Historically, for the Anishinaabe, certain people served as civil chiefs war chiefs and spiritual leaders. But when decisions needed to be made, our chiefs always consulted with our spiritual leaders.

This is why I created a Cultural Board last year, and asked the Drumkeepers to serve as this Board. Our Elders said that we needed to return to operating our government in a way that is respectful of our culture, traditions and language.

The First Amendment of the Constitution guarantees separation of Church and State. But this is a non-Indian idea. When the Congress wrote the Indian Civil Rights Act in 1968, they left this out on purpose. There is no requirement of separation of Church and State for tribal governments.

As elected officials, many of us consult with spiritual leaders when we are looking for solutions. But to exercise cultural sovereignty, we need to bring spirituality back into our government, at all levels.

We do not need to look back in time 100 years to find examples. We only need to look back 15 years ago, to our 1837 Treaty Rights case. Joyce Shingobe reminded me of this recently, when she retold this story.

We had brilliant attorneys, and a strong case. But we did not rely on the non-Indian system, alone. We asked for help from Gitchi Manidoo. And with the other tribes, we organized the Waabanong Run which included a group of Anishinaabe runners who would carry the Eagle Staff to Washington D.C.

The day before the run began, a ceremony took place. The pipe was passed around. Cedar was put in the runner's shoes, and prayers were said for the runners', as they made their way to D.C.

Spirit dishes were put out at each ceremonial dance in the spring and fall throughout this time. A speaker for each ceremonial drum asked for help from the manidoog that surround our homes, for the runners, and for guidance for the Supreme Court judges.

A Pipe was gifted to us from the Lakota nation in South Dakota to help us in our struggle. A delegation of Lakota came and presented the pipe to us, and we continue to use it today to help us make decisions that will affect the generations ahead of us.

During the Waabanong Run, there were sweat lodges, fasting, and the Ceremonial Drums remained open during the entire time for runners, for the judges and for our people. Each day for nine days, the prayers went out to the Supreme Court Justices for their well-being and their families. The eagle staff was delivered in a fashion as old as Anishinaabe history: by runners.

At the end of the run, a pipe ceremony was held giving thanks for the delivery of the Eagle Staff.

The day of the Supreme Court hearing, spiritual leaders, advisors, and lawyers entered the building with the eagle staff. Our lawyers, as told by the spiritual advisor, wore cedar in their shoes. A Midewewin song ended the ceremony.

On March 24, 1999, the Supreme Court handed down their decision: We won. We retained our rights to hunt, fish and gather as outlined in the 1837 Treaty. That was Cultural Sovereignty.

In the past, when we practiced culture sovereignty alongside legal sovereignty, we have achieved great things, like the Treaty rights victory. And Miigwech to Joyce for sharing that story. We need to make sure our traditions and culture are part of everything we do as a government, and that is what I'm directing all of the Executive Branch to do today.



Teaching non-Indian employees how to be respectful of our culture is important, but spiritual leaders are telling me that we have Band Member employees who need this help more. There are many Band Members who didn't grow up in the culture. They don't attend ceremonies and may not have an Indian name, but often, this is not by choice.

I'm told that many have an emptiness inside of them, and can feel their Anishinaabe spirit longing for nourishment. Maybe they just don't know how to begin or how to ask.

These Band Members are from all walks of life; some are young, some are old. Some are financially successful, some are unemployed or may suffer from addiction. Some of these Band Members are highly educated, and may be in leadership positions.

If we are going to save our culture, those who are leading our way to the future must practice cultural sovereignty as well. Think about the story of our Treaty Rights case. We need that back.

Commissioners Colsrud and Palomaki, your top priority this year is to work with our spiritual leaders, our Elders, and our Cultural Board, and follow their advice on how to bring our culture back into our daily government operations in a way that respects our values.

Maybe that means that every Band Member employee will be offered a meeting with one of our spiritual leaders, if they want, to talk one-on-one about how they can begin to live Anishinaabe Strong if they choose to and are not already. Our spiritual leaders have said they would be so happy to do this. They will help any Band Member who wants help connecting with our culture.

Maybe that means making sure all meetings begin in a good way, with an offering of asema. That's how meetings used to begin.

Maybe that means creating a program for employees to learn Ojibwe. Wonderful teachers like John Benjamin are available to teach our employees. I require my staff to attend language class with John once a week. Our spiritual and traditional leaders will know how to help, but your role is to follow their lead.

To all the commissioners: Rely on the Band's strategic plan, which is actually all about cultural sovereignty. By the end of this first quarter, I want a strategic plan from the Cabinet detailing how cultural sovereignty will be implemented in the Executive Branch. Commissioner Colsrud, it is your task to ensure this is completed.

As a Band, we have our challenges, but we also have opportunities. I saw many amazing things in 2014.

I saw 5000 American Indians coming together, with powerful Native pride, to protest the racist name of a professional football team.

I saw a new Band Assembly get elected and come together as a governing body, and I have seen them working hard, every day for the betterment of the community.

I saw Anishinaabe and non-Indian people from many places and Bands coming together to fight pipelines and mining that threatens Mother Earth.

It is amazing what happens when we come together, in big groups or small ones.

There was one small moment from last year that I recall. Nora Benjamin was driving home and saw a young Migizi, an eagle that was wounded on the side of the road. She called our DNR staff, who brought him to an animal hospital. A few weeks later, the eagle was well again. A few of us were there at Kathio as Henry Sam said a prayer. The Migizi was released, and he flew away.

As Chief Executive, my duties are defined by the Band Statutes and the Minnesota Chippewa Tribe Constitution. My duties as an Anishinaabe woman are not really written any place.

When it comes to matters of culture and spirituality, I am the same as everyone else. I go to a spiritual leader, and I ask if they will take my asema. I ask for their advice, and I understand they expect me to follow their advice. So I try.

What I can do as the head of the Executive branch, is to ensure that Band Member employees have a chance to consult with spiritual leaders if they want to do so. I can make sure that our employees can take classes in language and culture. I can also give our spiritual leaders the space and time they need to reach out to the Band members.

I gave Obisan some asema today for a special purpose: I am seeking guidance for all of us, as individuals, as families, and as an Anishinaabe Band. I cannot stand up here and pretend that I have all the answers because I do not. The answers come from a much higher power.

But I do know this: We cannot survive as a people until we renew the cultural sovereignty that lives within each of us.

As Band members, we have many things in common.

We were born Anishinaabe.

We were each given gifts from the Creator, and given a special purpose.

It is our responsibility to find out what that purpose is.

Part of that purpose includes learning our language.

Part of that purpose is to learn our culture.

Part of that purpose is to keep our traditions.

Part of that purpose is to preserve a way of life; and

Part of that purpose is to pass these things along to our children and grandchildren.

Today, let us begin this New Year by seeking the peace and justice that is inside all of us.

Let us begin the process of restoring our cultural sovereignty to our clans, our families, and ourselves as individuals.

Let us work together to protect the gift of our youngest Band members. Our babies are the keepers of cultural sovereignty for the next generation.

Let us work together to protect the gift.

Like that Migizi who needed help and prayers, our community needs to rely on our culture in order to get well and be set free.

We have a long journey ahead, and many miles to go.

We will need to come together.

Let us begin this long journey together.

Miigwech!

Rayna Churchill, Chief Justice



Honorable Chief Executive, principled members of the Band Assembly, my fellow Mille Lacs Band Members, employees and guests, welcome to the 2015 — State of the Band Address. It is my honor to provide you with the State of the Judiciary Address as prescribed by the Band Statutes.

I currently serve as the Chief Justice but I also serve as the Appellate Justice for District III. The Honorable Clarence Boyd, serves as the Appellate Justice for District I and the Honorable Brenda Moose serves as the Appellate Justice for District II. Please stand and be recognized. Thank you!

We are currently looking to fill the position of the District Court Judge. I'd like to give a tremendous thank you to Honorable Richard Osburn for his contribution to the role of the District Court Judge for the past six years. Thank you!

Our court system routinely hears cases involving civil and criminal matters which includes, but are not limited to, custody, adoption, guardianship, children in need of protective services, probate, child support, orders for protection, traffic, natural resources and conciliation. The Court does not hear juvenile matters because the statutes must be revised.

As indicated in 2014, the Courts are moving forward with our strategic planning and needs assessment. This is a four-tiered project in conjunction with Band Member Legal Aid, Family Services and the Peacemaking program. The Center for Court Innovation is conducting the needs assessment and

will assist in the strategic planning as well as provide training and technical assistance. We are excited to re-engineer court operations so that we can continue to provide a forum where litigants can resolve disputes in a fair, independent, timely and accessible manner. Since it is a four-tiered project it is expected to take 18 months to two years to complete. In July 2014, the four Band departments had a site visit with CCI to determine the action plan for the assessment, focus groups, interviewing the community members and departments with more to come.

The Mille Lacs Band Tribal Court is nearing completion of the 2011 grant which is expected to end in June 2015. Certain Band Statutes were rewritten as well as cataloging and scanning of court files. Additionally, the Guardian ad Litem training conducted under this grant resulted in the contracting of three Guardians ad Litem.

The objectives outlined in the 2012 grant are also moving forward by improving the security throughout the courtroom and court administration area, providing parents of Band Member children an attorney for legal fairness, and obtaining a Peacemaker. Our new Peacemaker, Laurie Vilas (please rise) is helping to establish an improved model of the peacemaking program. The Peacemaker will help settle disputes as a neutral third party in such cases as contested family matters, harassment, and civil cases.

As a reminder, the court calendar was added as a courtesy and to further enhance the judicial webpage on the Band's website. The calendar is updated weekly and subject to change based upon motions, continuances, or rescheduling.

In 2014, the number of cases filed totaled 1664 of which 80 cases have not been adjudicated yet.

- New child support cases were filed totaled 219;
- The general civil cases totaled 1300;
- 24 petitions for orders of protection were filed; and
- Lastly, Family type cases totaled 114, which consisted of Guardianships, Custody, Adoptions, Divorces, Paternity, Name Changes and Children in need of protective services.

This year the court system saw a spike in an area that we all hold dear to our hearts — that impacts our Mille Lacs Band children and our future generations. 33 is the number of cases involving Children in Need of Protective Services. The 33 cases affected 93 of our Band Member children in 2014. Twenty of the 93 represent the number of infants who were prenatally exposed and born with drugs in their system. Thirteen different types of drugs have been determined and some of these infants were exposed to multiple types of drugs. Some withdrawals are so severe that some infants need morphine to ease their pain of the withdrawal symptoms.

Unfortunately, when the Court tries to implement lifestyle changes for the parents of these children by ordering drug and alcohol testing, these parents object to the testing based on cultural grounds. In the past, the Court has pointed out to the parents that usage of drugs and alcohol is also not part of the Anishinaabe culture.

These numbers are significant indicators that we as a Tribe need to rethink our current models and how we handle drug and alcohol problems within our community. I urge the Band and the community to reevaluate our programs to address the growing number of cases of drug and alcohol abuse for the sake of our young and generations to come.

In closing, my goal for the Tribal Court is to continue to move forward with the strategic planning and needs assessment so that we can ensure fair and impartial justice is being administered. Once again, as the Chief Justice of The Mille Lacs Band Court of Central Jurisdiction, I urge the Elected Officials, Appointed Officials, Band Members, Band employees, and all community members, including County officials, to work towards a common goal of making changes to end this increasing and alarming problem of addiction.

Thank you for attending the 2015 State of the Band Address.

From the Cover: Gii Dodaiminaanig, Our Clan System

Dave Matrious Mille Lacs Band Elder **Bob Pearl** Photographer



Jerry Windorski and Dave Matrious pose in front of the art piece.

Since time immemorial, Indigenous nations of North America have had a spiritual connection to the natural laws and the environment of this beautiful continent. The Great Spirit bestowed upon the Anishinabeg a beautiful language and a system of governance — Gii dodaiminaanig, our clan system.

Oral traditions tell of six mystical figures emerging from the shores of the Atlantic Ocean. Each of the first five beings explained their purpose to the spiritual leaders of the Ojibwe. The sixth being, whose powers were too great for the people

to comprehend, was sent back into the depths of the Great salt waters. From these original five clans came the basis or core of most Ojibwe communities (or nations), many of which still exist today.

This system of clans has been used to govern our tribal nations, keep harmony in our community, and build intellect in our people. Awaysiag (animals) were chosen by the Great Spirit to teach the Anishinabeg many disciplines or life skills, such as oratorical, leadership, military, medicines, teaching, economics, and agriculture. The traits that these clan animals exhibit can also manifest itself in those members. Everything that the people needed to know can be found in the Gii dodaiminaanig, or clan system.

The five original clans have evolved into many sub groups over time. During early formation of cultural anthropology, ear-

ly American anthropologists William Warren, Frances Densmore, John Tanner, and Henry R. Schoolcraft documented the 32 subgroups that are represented in this art piece.

The art piece was the result of collaboration between Jerry Windorski, a retired welder and craftsman, and myself, a Mille Lacs Band Elder from the Aazhoomog community. Jerry’s interest in Ojibwe culture began while visiting the the Northwest fur trade outpost near his home in Pine City and the Fort Folle Avione Post in Burnett County, Wisconsin. He has recreated many items used by the French traders using semi-precious trade silver metal. Jerry is a veteran of the United States Marine Corps (1966-69) and lives with his wife, Joy, near Pine City, Minnesota.

TERO Director Named to National Post

Brett Larson Staff Writer/Photographer

Craig Hansen, Mille Lacs Band TERO Director, was appointed interim Chairman of the Board of Directors for the National Council for Tribal Employment Rights (CTER) in December 2014.

Craig is a Mille Lacs Band member and area native who graduated from Onamia High School in 1990. After stints at St. Cloud State University and in the Twin Cities, he came home in 2004 to take a job with the Housing Department.

From there he moved on to TERO, which stands for the Tribal Employment Rights Office. His first day on the job, his supervisor dropped the quarter-inch thick Tribal Employment Rights Statute on his desk and said, “Read this.”

It was baptism by fire, but Craig proved up to the task, and aside from a two-year hiatus to pursue more education, he’s been in the office ever since. His local experience has turned into national expertise on tribal employment issues.

Craig has served on the CTER-Great Lakes Regional board since 2010 and the CTER National Board of Directors since 2012. When the former Chairman of the Board of CTER announced his retirement in December, Craig was unanimously chosen by his fellow Board Members from throughout the country as interim chair. His predecessor, Larry Ketcher from the Cherokee Nation of Oklahoma, worked in tribal employment rights for 40 years. Craig says stepping into his shoes is like replacing Michael Jordan on the basketball court.

As chair, he is responsible for coordinating the planning of the CTER National Convention, organizing and planning Board of Directors meetings, and networking with other TEROs and representatives from the government and the private sector. Craig works on training opportunities with TEROs across the nation. With the Equal Employment Opportunity Commission, the Office of Federal Contract Compliance Programs and the Federal Highway Administration he helps to make sure Band members and all TERO-eligible Native Americans are being hired for construction and other jobs.

Although he won’t rule out continuing in the role when elections are held next summer, Craig is clear about his priorities: “My work here comes first.”

What is TERO?

The Tribal Employment Rights Office ensures that contractors and businesses working on Band lands are complying with the Band’s Tribal Employment Rights Ordinance, which requires that 50 percent of positions be filled by Native Americans.

“We ensure that contracts are being complied with, and Band members and other natives are getting the opportunities to work,” Craig says. “We can’t tell companies whom to hire,

but they need to hold positions open for tribal members and other natives.”

The Tribal Employment Rights statute gives the Director and TERO the right to enforce TERO, but there are certain things they can’t do. He and Lisa Ballinger, TERO’s compliance officer, can make sure contractors are hiring Band members and other TERO-eligible tribal members, but ultimately, individuals’ success on the job is up to them. TERO doesn’t protect employees who fail to show up or do not perform according to the employer’s expectations. If an employee feels discriminated against on the job, they may file a report in writing to the TERO Office so an investigation can begin.

Craig can recommend qualified applicants who are on the TERO list, but he can’t make the decision about who gets hired for a given job. He advises anyone on the TERO list — currently at 322 workers — to make sure their contact information is up-to-date. Too often TERO tries to recommend a person for a position only to find that their phone number or address has changed.

The system works like this: At pre-construction or even pre-bid meetings, potential contractors are given a copy of the TERO law and told about its requirements. “We let contractors know what they’re getting into,” Craig says.

From there, they come up with a compliance plan, which needs to be approved by Craig. Occasionally contractors balk at the idea of following tribal law, but 99 percent are willing to work with the tribe. He explains clearly to would-be contractors who try to buck the system by not complying, “You have to understand that when you’re coming to the reservation, it’s like you’re coming to another country. You need to follow the law.”

Once work begins, Compliance Officer Lisa Ballinger makes visits to job sites to take pictures, and she interviews Band Members and other TERO-eligible workers on site to ensure contractors are complying with the law and employees are being treated fairly. If contractors fail to comply, they can be fined.

Training days

There are exceptions to the law if not enough skilled Band members or TERO-eligible tribal members are available to fill open positions. According to Craig, the Band has plenty of laborers and carpenters, but is lacking electricians, HVAC installers, and other skilled professionals.

For that reason, Craig’s office is increasingly involved in training Band members to fill the jobs that are available. The TERO Office has sponsored Serv-Safe Training with Education

to ensure that the food handlers at our schools are certified; Customer Service Training to Human Resources and other Departments; and Boiler’s License Trainings (partnering with the Department of Labor).

In 2015, Craig will be working more closely than ever with the Department of Labor. Revenue collected from fees and



Craig Hansen, Mille Lacs Band TERO Director

finances will be allocated to provide more training opportunities for Band members and other Native Americans.

For example, the office is currently partnering with four other Bands, the Minnesota Department of Transportation (MnDOT), Civil Rights Office and the Cement Masons Union to provide training to 20 people from April to July of this year. Four spots are reserved for Mille Lacs Band members — one from each district and one from the urban area, with one alternate selected from each district. MnDOT will pay for lodging and training, and TERO will provide a stipend. “If this partnership takes off, they’re open to more trainings like it,” Craig says.

Craig also works closely with MnDOT on local road construction projects. MnDOT has an Indian employment hiring provision for jobs that are on or near reservations. Craig stays in touch with the Brainerd and St. Cloud MnDOT offices to advocate for Band members and other TERO-eligible tribal members on projects stretching from Elk River to Brainerd and beyond. TERO is only enforceable when projects are located on the reservation, and the Indian Employment Hiring Provision is encouraged throughout the state. Many employees within MnDOT are nearing retirement, Craig said, so the organization is reaching out to the tribes

Continued on page 16



Makadedeked A’aw Oshkinawe/ Bakaaniged A’aw Oshkiniigikwe

Fasting for Young Boys/ Fasting for Young Girls

Lee Staples Gaa-Anishinaabemod Obizaan **Chato Gonzalez** Gaa-Anishinaabewibii’ang Ombishkebines

Mii dash owapii a’aw oshki-inini gii’igoshimod, mii iw makadedeked ezhiwiinjigaadeg. Ishke i’iwapii a’aw gwiiwizens ani-oshki-ininiwid, maagizhaa gaye i’iwapii bakaanigondaaged ani-gaagiigidod. Mii owapii bagwaj da-ni-izhaapan.

When a young man fasts it is called, Makadedeked. It is at the time that a boy is becoming a man; maybe it is at the time when a change in his voice is heard as he talks. It is then that he could go out in the woods to fast.

Ishke dash mii owapii ogitiziiman maagizhaa gaye iniw odedeyan ininamaagod imaa oninjiin gii-atood i’iw wiisiniwin naa iwedi bezhig akakanzhe gii-atood. Mii dash imaa ininamaagod iniw odedeyan a’aw oshki-inini. Giishpin mamood i’iw wiisiniwin gaawiin mashi inendanziin bagwaj da-izhaapan. Ishke dash a’aw mamood i’iw akakanzhe, mii dash imaa wiindamaaged wii-kii’igoshimod.

It is at that time one of his parents, maybe his father extends out his hands, in one hand he has food and in the other hand he has ash from the fire. It is then that his father extends his hands to the young man. If the young man takes the food, it means that it is not his time to go out in the woods to fast. If the young man takes the ash, he is letting it be known that he is ready to fast.

Ishke dash dabwaa-maajitaad da-kii’igoshimod, mii imaa zinigobidood i’iw akakanzhe imaa odengwayaang, da-makadewiingwed dash megwaa bagwaj imaa wii-ayaad. Mii iw wenji-izhiwiinjigaadeg makadedeked a’aw gwiiwizens. Miinawaa booch iniw asemaan da-ayaawaad a’aw oshki-inini da-baa-aabaji’aad megwaa imaa gii’igoshimod. Miinawaa giishpin opwaaganan ayaawaad, mii gaye inow ge-aabaji’aajin megwaa bagwaj imaa wii-ayaad.

Before the young man goes out to fast, he takes the ash and rubs it all over his face so that his face is all black while he is out fasting. That is why fasting for a young boy is known as Makadedeked. The young man must also have tobacco on him to use while he is out fasting. And if he has a pipe, he can also use it while he is out there fasting.

Ishke dash wii-ni-wawiingezid a’aw Anishinaabe miinawaa debinaak wii-ni-doodawaasig iniw Manidoon, akawe imaa da-zagaswe’idim asemaan miinawaa wiisiniwin da-ininamawindwaa ingiw Manidoog giizhaa da-nanaandomindwaa weweni da-zhawenimaawaad miinawaa weweni da-ganawenimaawaad inow weshki-bimaadiziniin megwaa imaa gii’igoshimonid. Miinawaa mii owapii gaye ge-ni-aabajichigaazod a’aw Anishinaabe menidoowaadizid da-izhiwinigod imaa bagwaj waa-kii’igoshimod. Mii inow ge-ni-ganawenimigojin gaye megwaa imaa ayaad bagwaj ayaapii da-ni-dapaabamigod gaye.

If the Anishinaabe wants to be efficient and not do things half-heartedly to the Manidoog, a feast is held first where tobacco and food is offered to the Manidoog ahead of time asking that they show compassion and watch over the young man that is about to go out and fast. It is also at that time that an Anishinaabe that is gifted maybe as a medicine man takes the young man out into the woods to do his fasting. It is also that same Anishinaabe that will watch over as he is fasting and check on him periodically.

Bebakaan igo gii-izhi-waawiindamawaawag ge-izhichigeng i’iwapii bagwaj izhiwinaawaad inow weshki-bimaadiziniin. Aanind ingiw ishpiming imaa mitigong odoozhitamawaawaan da-ayaminid da-ni-nanaamadabinid inow waa-kii’igoshimonijin, naa aanind gaye mii-go imaa jiigay’ii imaa mitigoong gii-wawenabi’indwaa. Wigiwaam aanind ogii-ozhitamawaawaan igaye imaa biindig gii-nanaamadabinid waa-kii’igoshimonijin. Ishke dash gaye aanind azhigwa gaa-ni-giizhiitaawaad gii-kii’igoshimowaad mii imaa madoodaswaning gii-piindaganindwaa gaye.

There are little differences in the way people are taught on what is to be done when they take a young man out into the woods to fast. Some were taught to make a platform up in a tree where the young man can sit as he fasts. Some were also told to sit by a tree as they fasted. There was also some who made a wigwam for the young man to sit in as he fasts. As some finished their fasting they were taken into a sweat lodge.

Ishke dash a’aw ikwezens owapii ani-moonenimind ani-ikwewid, mii owapii bagwaj ezhiwinind imaa wigiwaaming da-ayaad. Mii dash i’iw bakaaniged a’aw ikwezens ezhiwiinjigaadeg. Ishke dash megwaa iwidi gii-ayaad iwidi wigiwaaming, maagizhaa gaye azhigwa gaa-ni-giizhiitaad gii-kii’igoshimod, mii iniw mindimooyenyan gii-kikinoo’amaagod iw akeyaa ge-ni-izhi-bimiwidood bimaadizid i’iw ani-ikwewid da-ni-maajikamagaanig. Ishke mii iwapii wenda-mashkawaadizid ani-ikwewid a’aw ikwezens. Ishke i’iw bezhig gikinoonowin megwaa ani-bimisemagadinig, mii i’iw

wenjida da-ni-ganawaabandang ani-izhichiged.

When it is realized that a young girl is becoming a woman, it is then that she is taken out into the woods to stay in a wigwam. This is why it is known as Bakaaniged, because the young girl is removed from their home to a separate dwelling when she fasts. While the young girl is in the wigwam, or maybe after she has finished fasting, the old ladies would come in and cover the teachings that are important for her to remember as she goes on to be a woman. The time when a young girl is becoming a woman is the most powerful stage of her life. Throughout the year after the young woman has to be especially careful in what she does.

Ishke i’iw gigii-miinigonaanig ingiw Manidoog anishinaabewiyang ge-inanjigeyang, mii i’iw manoomin, biinish gaye ingiw giigoonyag, biinish gaye ingiw anooj awensiinyag, waawaashkeshiiwag, waaboozoog, biinish gaye bagwaj mayaajiiging. Gaawiin a’aw oshkiniigikwe da-michi-maamoosiin i’iw gaa-miinigoowiziyang ge-inanjigeyang. Akawe bezhig i’iw gikinoonowin da-baabii’o. Ishke megwaa ani-bimi-ayaamagadinig i’iw gikinoonowin owapii gaa-pakaaniged, wii-tazhiikang maagizhaa gaye wii-miijid gaa-miinigoowiziyang ge-inanjigeyang, akawe a’aw asemaa da-achigaazo miinawaa da-zhakamoonind i’iw mesawendang gaa-miinigoowiziyang da-miijiyang. Ishke dash mii eta-go apii i’iw niiwing ininamawind a’aw emikwaanens imaa wiisiniwin gii-achigaadeg. Mii dash azhigwa niiwing gaa-ininamawind i’iw emikwaanens, mii dash iwapii zhakamoonind a’aw oshkiniigikwe. Mii dash i’iw bijiinag da-ni-dazhiikangiban da-ni-maamiijipan imaa gaa-shakamoonind.

The Manidoog gave us food to eat as Anishinaabe, such as the wild rice, the fish, and the wild animals like the deer, rabbits, and the plants and berries that grow in the wild. The young woman cannot just go out and pick or harvest those foods that we were given to eat. She will have to wait a year before she can do that. During that year following her fast, if she is going to handle or eat those food that we have been given, tobacco has to be put down first and then she has to be spoon-fed that particular food that we were given by the Manidoog to eat. This is the only time the spoon of food is offered to her four times. When the food is offered to her on the fourth time, that is when the young girl is spoon-fed. It is then that she is able to handle and eat that particular food that she had been spoon-fed.

Mii iw akeyaa gaa-izhi-gikinoo’amaagoowiziyaang omaa Aazhoomoog naa-go gaye Minisinaakwaang. Mii eta-go apii niiwing ininamawind awiya owapii megwaa gii-pimisemagadinig i’iw gikinoonowin owapii gaa-kii’igoshimod a’aw oshkiniigikwe gii-pakaaniged. Ishke dash ingiw gaa-wanitaasojig gaa-wani’aajig iniw besho enawemaawaajin, mii eta-go aabiding ininamawindwaa i’iw emikwaanens anizhakamoonindwaa gaa-izhi-miinigoowiziyang da-inanjigeyang anishinaabewiyang.

This is the way that we were taught in Lake Lena and East Lake districts of Mille Lacs reservation. This is the only time that the spoon is offered four times to the young woman who has fasted within the last year. For those who are grieving and have lost a relative close to them, the spoon is only offered up to them one time as they are being spoon-fed the various foods that we were given to eat as Anishinaabe.

Gii-kina’amawaawag ingiw oshkiniigikweg megwaa bimisemagadinig i’iw gikinoonowin apii gaa-pakaanigewaad, gaawiin odaa-dazhiikawaasiwaawaan iniw abinoojiinyan bebiiwizhiinyiwinijin. Miinawaa gii-kina’amawaawag, gaawiin daa-bagizosiwag imaa ziibiing miinawaa iniw zaaga’iganiing. Gaawiin gaye odaa-daanginanziinaawaa imaa bagwaj mayaajiiging wawaaj igo inow aniibiishan, miinawaagaawiinmitigoonodaa-akwaandawaasiwaawaan.Odaa-banaajitoonaawaa imaa mayaajiiging imaa bagwaj, mii iw wenjida mashkawaadiziwaad ingiw oshkiniigikwewag. Miinawaa ogii-kikinoo’amaagowaan iniw mindimooyenyan ingiw oshkiniigikweg, gaawiin daa-baazhidaakokiisiiwag imaa atemagadinig ininiwag miinawaa abinoojiinyag obiizikaaganiwaan.

During that year after the young woman had fasted she was forbidden to touch small children or infants. She was also forbidden from swimming in the rivers and the lakes. They were also told not to touch those things that grow out in the wild, even the leaves of plants and they were also told not to climb the trees. That could affect the growth of those plants that grow in the wild since this is the most powerful time in the young woman’s life. The old ladies also taught these young women not to step over clothing that belong to men or small children.

Gaawiin imaa besho daa-ni-izhaasiwag atemagadinig iniw Manidoo-aabajichiganan wenjida opwaaganan. Ishke izhi-mashkawaadiziwaad ingiw ikwewag, mii-go imaa ani-banaajitoowaapan iniw Manidoo-aabajichiganan, gaawiin Continued on page 9

geyaabi da-ni-mashkawaadasininiwan iniw. Nimikwendaan gii-waabamagwaa ingiw mindimooyenyag, mii imaa dabazhish gii-minjiminamowaad iniw ogoodaasowaan gegoo dash imaa ishpiming da-ni-inagoodesininig ogoodaasiwaan wenjida besho ani-ayaawaad iniw Manidoo-aabijichiganan etemagadinig.

They were also not to go near sacred items, especially pipes. These young women were so powerful at this time they were told that they could nullify the power that exist in our sacred items, they will no longer have the power they had. I remember seeing those old ladies, they would reach down and pull their dresses in so that their dresses would not hang over anything, especially when they would go near any sacred items that were placed on the floor.

Ingii-pi-waabandaan iko gaye a’aw na’aanganikwe gaa-pi-wii’ayaawiyangid, mii dash imaa ayaapii bekaanadinig onaagan, emikwaanens, naa onaagaans gii-aabajitood owapii gii-izhiwebizid ingiw ikwewag ezhiwebiziwaad. Mii-go gaye eni-izhichigewaad bezhigwan iniw onaagan, emikwaanens, naa onaagaans ani-aabajitoowaad megwaa ani-bimisemagadinig iniw gikinoonowin owapii gaa-pakaanigewaad.

When one of our in-laws used to stay with us, I saw that she used a different plate, spoon, and cup during that time of the month women have their menstrual cycles. The young women also did the same thing during that year following their fasting, by only using a different plate, spoon, and cup.

Nigii-pi-noondawaag ingiw ikwewag ani-dazhindamowaad, gaawiin odaa-naazikanziinaawaa endazhi-manidoo-niimi’idiikeng miinawaa zagaswe’idid a’aw Anishinaabe, miinawaa midewi’iweng megwaa ani-izhiwebizid a’aw ikwe iko izhiwebiziwaad endaso-giizis. Gaawiin wiika nibi-noondanziin iw akeyaa da-ni-izhi-gikino’amaaged a’aw Anishinaabe. Mii ganabaj i’iw wenjikaamagak iwidi Bwaan-akiing, mii iw akeyaa izhi-gikino’amawindwaa ingiw Bwaanikweg. Gaawiin wiikaa nibi-noondawaasiig ingiw gechi-aya’aawijig da-gii-izhi-gikino’amawaawaad inow ikwewan.



Circle of Health Update

Circle of Health’s mission is to promote physical and mental well-being in all of our communities by assisting Mille Lacs Band members to acquire health coverage and eliminate barriers to health care access.

Social Security Benefit/Award letters

Circle of Health requires elders and disabled individuals on Medicare to submit a copy of their annual Social Security Benefit/Award letter. This letter comes from Social Security Administration.

We have seen three types of letters that list your annual benefit amounts. Please look for any letter that has these words in the beginning of your letter. If you are not sure, submit them to Circle of Health and we can review them for you.

The letters may have headings that start with:

- Your New Benefit Amount
- Social Security Administration - Retirement, Survivors and Disability Insurance — Notice of Change in Benefit
- Social Security Administration - Information of Social Security Benefit

My Social Security

You can create your own account to access you benefit verification letter, to change your address and phone number; or to start or change direct deposit. There is no fee to create your My Social Security account but you must have an email address. If you would like to set up or create an account, you can do so on your own computer or you can stop in at Circle of Health and we can help you. The link to My Social Security is: ssa.gov/myaccount

Changes in your Medicare benefits

If you cannot afford to have your Medicare health benefit taken out of your Social Security check, DO NOT disenroll from your Medicare Plans. Please contact Circle of Health, we will help you request your Medicare Plan to bill Circle of Health directly. If you do disenroll, you lose your health care coverage and will have to wait until October of the following year to re-enroll in a plan.

Hospital and clinic bills

If you have any hospital, clinic or pharmacy bills that have not been paid or are going into collections, please bring these documents into Circle of Health. We can help you clear up these bills before it is too late and they go into collections. Most times, the provider doesn’t know you have health insurance or a certain Medicare benefit. You should give your provider a copy of all your health insurance cards and Medicare Plan cards.

I would hear women saying that they should not go to our ceremonial dances, feasts, and the Midewiwin lodge during their monthly menstrual cycle. I have never heard this as part of Anishinaabe teachings. I believe these teachings come from Lakota/Dakota country. That is the teaching that Lakota/Dakota women are taught. I have never heard our elders from the past teach that to our women.

Mii a’aw nizigosiban Amikogaabawiikweban gaa-gikino’amawid a’aw isa Anishinaabekwe ezhichiged ani-bakaaniged miinawaa gaa-izhi-gikino’amawind. Ishke a’aw mindimooyenyiban nigii-wiindamaag azhigwa gaa-ni-giizhiitaad gii-pakaaniged iwidi wigiwaaming gii-ayaad, mii dash i’iwapii gii-pi-naazikang gaa-taawaad, mii imaa giizhikaandagoon gii-achigaazonid da-ni-dakokaanaad megwaa gii-naazikang imaa endaawaad.

My aunt Julie Shingobe was the one who taught me what a young woman was to do when she fasted and what she was also taught during that time. That old lady told me when she finished fasting and was approaching their home; cedar was placed on the ground for her to step on as she walked up to the house.

Mii-ko iwapii gii-paa-gikino’amaageyaan a’aw Anishinaabe gaa-izhi-miinigoowizid niizh dash ingiw mindimooyenyag gii-ayaawag imaa a’aw Amikogaabawiikweban naa-go gaye Gaagebiikwe. Mii ongow gaa-naadamawijig gii-tazhindamaan ani-bakaaniged a’aw ikwe. Mii dash imaa wendinamaan ingiw mindimooyenyag wezhibii’amaan imaa ezhichiged a’aw ikwe bakaaniged.

When we went out and about giving presentations on Anishinaabe teachings there were two of the old ladies that were present at that time, Julie Shingobe and Miskobineshiinh (Eileen Skinaway). They were the ones that helped me as I covered the fasting that young women went through. It is from them that I got the information that I am writing down about fasting.

Health insurance enrollment assistance

Circle of Health is an official partner with MNSure, Minnesota’s Health Insurance Exchange. We are proud to announce that we have certified assisters through the tribal government.

Circle of Health is here to help you and your family enroll in the Health Insurance Marketplace. If you don’t have health insurance coverage, we can help you get covered on a plan. We help people enroll in MNSure or on the Healthcare.gov website.

You may be eligible for Medicaid or a low cost health insurance plan. Health Insurance is a benefit on top of the healthcare provided by Ne-la-Shing Clinic. Health insurance means more choices for our families and more resources for our tribal health facilities.

Call Circle of Health today to make an appointment or stop in to sign up for health insurance.

New tribal Delta Dental Plan

Do you need dental coverage? The Mille Lacs Band of Ojibwe has started a new dental plan for tribal members. We have been enrolling band members that do not have a dental plan into Delta Dental. Premiums for the Delta Dental Plan is paid by Circle of Health each month. You can enroll, add/remove dependents, or opt out of the plan by filling out a Delta Dental membership enrollment form provided on the band website under Circle of Health or at our office.

Enrollment forms

All Mille Lacs Band members are required to update their Circle of Health enrollment forms yearly. By updating your information, you are giving Circle of Health consent to receive and pay your insurance claims and to speak with providers regarding any insurance billing on your behalf. We also use the forms to confirm your eligibility with Contract Health Services.

Circle of Health requires verification, we need a copy of:

- All current insurance card(s) (upon receipt) — front and back.
- Certificate of Enrollment or Tribal ID for all MLB Tribal Members.
- Birth Certificates for any new dependents to your policy/account.
- Proof of Full-Time student status for all first-line descendants 18 to 23 years of age.

New location

Circle of Health
43500 Migizi Drive
Onamia, MN 56359
320-532-7741 or 1-800-491-6106
Fax: 320-532-4354

Going into Business

Central Lakes College

Starting and/or expanding a business and identifying problems within a business is BIG VENTURE. The class will cover:

- How to start your business
- Assessing market potential
- Determining financial needs
- Others services provided by the SBDC
- How to evaluate your business idea
- Business filings, business planning
- Financing/loan providers

Class Dates/Times:

District I: 4th Wednesday of the month*

District III: 6:30 p.m.–8 p.m., 4th Monday of the month*

**(Subject to change depending on Mille Lacs Band ceremonial conflicts)*

Registration deadline is one week prior to class. This is a free service offered by the SBDC and active Mille Lacs Band member participation is necessary for its continuance.

Please contact John Gunstad for questions or registration:

- Phone: 218-828-2002
- Email: jgunstad@charter.net

Commissioner Appointed to National Board

Brett Larson Staff Writer



Sam Moose, Mille Lacs Band Commissioner of Health and Human Services, has been named to the

Board of Directors of the National Indian Health Board. He had been serving as the alternate board member from the Bemidji Area: Midwest Alliance of Sovereign Tribes, which includes Mille Lacs. When the permanent member stepped down, the board asked Moose asked to become the permanent replacement.

The NIHB represents tribal governments in Washington and advocates on behalf of tribes in development of national Indian Health Policy. Additional services provided to tribes include policy formation, legislative tracking, research on Indian health issues, program development, technical assistance, and project management.

Sam said that in his capacity as a board member he tries to be a good listener and to choose his words carefully.

“I’m excited and honored about the opportunity the Midwest board has given me to represent our issues on the National Indian health Board,” Sam said. “It’s also humbling to be able to help Indian nations across the country.”

Nay Ah Shing Staff Invited to Schoolyard Garden Conference

Toya Stewart Downey Staff Writer **Tiffany Bolk** Photographer



Deborah Foye teaching a student how to garden

Since the day the first seed was planted Deborah Foye, the Nutrition Services Coordinator at Nay Ah Shing, has watched the little garden that she started at the school grow in ways she couldn’t begin to imagine.

She has watched as the students have learned about starting a garden, caring for it and their awe as they have experienced new foods like purple potatoes, purple carrots and purple beans.

“The students were amazed when they turned green when cooked,” Deborah said.

Each year as the garden has flourished, so too has the minds and taste buds of the students, much to the delight of Deborah, who has worked for the Band for 23 years.

Deborah will get to share the story of the garden, which was started in 2009, when she presents at the annual Schoolyard Garden Conference at the Minnesota Landscape Arboretum on Feb. 28.

Though she has never presented anything publicly Deborah said she is thrilled to talk about the Nay Ah Shing garden, the students and their experiences. She is also excited to share how the garden has garnered community support from other Band departments especially the Department of Natural Resources, which was instrumental building raised beds for the project.

Today’s garden grows a variety of fruits from blackberries to raspberries and strawberries and vegetables including asparagus plants, peppers, beans and more. There are several different herbs growing, a sunflower house, cucumber tunnel and three small apple trees.

All of the produce is used at the school for the salad bar or integrated into the school menu. It is also shared with others when possible.

“Sometimes we do taste tests with groups of students and that is always in-

sightful and fun,” Deborah said.

Deborah remains deeply committed to the garden project and will stay involved as much as possible.

“It has been so much fun and so rewarding for me,” she said. “Every year students ask me, ‘when are we going to start the garden,’ and that makes me happy.”

“It’s been amazing to get so much support and it’s exciting to see the kids try something new, especially when they discover a food they’ve never tried and they actually like it.”

Mille Lacs Band of Ojibwe

Summary of Expenditures and Financing Uses:	Approved Budget for FY 2015	Expenditures through 12/31/2014	% of Budget Expended
Administration (1)	14,810,834	3,172,878	21.4%
Workforce	20,372,057	1,337,152	6.6%
Judicial	1,247,293	198,730	15.9%
Department of Justice	5,139,850	1,119,145	21.8%
Education	16,062,672	3,518,995	21.9%
Health and Human Services	22,366,633	4,107,848	18.4%
Circle of Health Insurance	10,555,180	2,075,624	19.7%
Natural Resources	6,214,043	1,255,533	20.2%
Community Development	25,092,633	5,495,777	21.9%
Gaming Authority	5,324,748	1,078,059	20.2%
Non-Gaming Distribution	–	–	0.0%
Bonus Distribution	16,427,364	13,847,565	84.3%
Economic Stimulus Distribution	3,130,000	3,126,000	99.9%
Total	146,743,307	40,333,306	27.5%

- (1) Administration includes chief executive, administration, finance, legislative, government affairs, and district operations.
- (2) The amounts above do not include casino operations. However, they do include government operations funded by casino distributions.
- (3) The Mille Lacs Band of Ojibwe has its financial statements audited every year by an independent public accounting firm. Audit reports from previous years are available for review at the government center upon written request.
- (4) Economic Development appropriations have been excluded as of October 31, 1997. As of October 1, 1997, The Band has separated accounting functions for the Corporate Commission from the tribal government.

Band Members Continue to Protest Pipelines

Jana Peterson Writer for the Pine Journal Pine Journal Photographer

Mille Lacs Band members continue to protest Enbridge oil pipelines that would cross rural Aitkin County near East Lake and McGregor. Enbridge is proposing a new pipeline, called Sandpiper, as well as a new route for its Pipeline 3, following the same corridor as the Sandpiper. The pipelines would bring oil from the Bakken oil fields in North Dakota.

Algin GoodSky, a member of the Mille Lacs Band of Ojibwe, was a bright spot of color and sound dressed in powwow regalia in a room filled with people wearing mono-colored golf shirts and name badges around their necks.

Holding an eagle feather and a stick of braided sweetgrass, GoodSky said he was there to oppose the pipeline.

"As a Native American, I feel an obligation to protect the land," the Mille Lacs Band member said, adding that he was certain a pipeline would destroy the natural resources there. "I live off the land, harvest from it, and take care of it as much as I can. Seeing a pipeline come through is heartbreaking." Algin's mother, Tania Aubid, was also in attendance at the meetings.

The 1,031-mile Pipeline No. 3 would ultimately replace the company's 1968-vintage Line No. 3, and would bring more Canadian tar sands crude oil into the U.S. Approximately 335 miles of Line 3 runs through Minnesota.

The reconstruction could also come with a route change: Enbridge announced last month that the preferred route would follow the existing route from North Dakota to Clearbrook, Minn., and then — instead of following the old Line 3 along the historic Enbridge corridor paralleling U.S. Highway 2 — the new line would dip south along Hubbard County and then across Cass, Aitkin and Carlton counties, before meeting up with the old line near Wrenshall on its way into the Canadian company's giant Superior terminal.

Representatives of MN350 — a grassroots group focused on transitioning the country to green energy — set up a table outside the Carlton County Transportation Building, where they handed out a citizen's guide to public participation in the Minnesota Public Utilities Commission's Review of the Line 3 Pipeline project and a map of crude oil pipelines in Minnesota. As they handed out papers, they talked with citizens about some of the reasons MN350 and other groups oppose the pipeline.

Duluth's Alyssa Hoppe, who works with Honor the Earth and MN350, said she was there to help the landowners, farmers and native communities.

"It seems like there's a lack of information at these meetings, so we are just trying to bring some awareness and information that folks might not get inside," Hoppe said.

Hoppe talked to a couple local residents about the proposed pipeline route through what she called "wilderness and lake country that the whole state enjoys visiting," adding that the McGregor Chamber of Commerce and Big Sandy Lake Association have come out publicly against the proposed pipeline route through their area. She also talked about the importance

of wild rice as a crop and in terms of cultural heritage and the effects a spill could have on the thriving industry.

"It's a question of risk versus benefit and I think it's a bad deal for Minnesota," Hoppe said. "Enbridge, a company from Calgary, will profit and we're left with all the risk."

Inside the county building, Enbridge representatives and land agents outnumbered residents at times. There was no formal presentation, rather the information was presented in the style of an open house, with multiple trifold information displays and staff members to explain them, food and even a drawing people could register for.

Enbridge spokesman Kevin O'Connor explained that the reason for the proposed reroute of Line 3 was because the current route through Bemidji and Grand Rapids has become too congested. Line 3 needs to be replaced, he said, because it is [46 years old] and at increased risk of leaking.

"We've had quite a few integrity digs on the project the last few years (to check structural integrity) and we anticipate several hundred more over the next few years," he said, pointing out that such digs were disruptive to landowners. "We just reached the point where we thought we should replace the whole thing."

The new route for Line 3 is similar to the company's proposed all-new Sandpiper line, which has raised concerns for its many water crossings. The Minnesota Public Utilities Commission has slowed approval of the Sandpiper line because of the new route.

O'Connor explained that the replacement Line 3 would be a 36-inch-diameter line versus the current 34-inch line. It also wouldn't technically replace the current line; rather, it would be laid in the vicinity of the existing line (except for where the route changes from the existing route). He said the existing Line 3 pipeline would be permanently deactivated and a corrosion control system put in so it wouldn't collapse.

For now, the Line 3 meetings hosted by Enbridge along the proposed pipeline route are simply informational.

The Line No. 3 replacement is the company's third major project in the region, in addition to the proposed Sandpiper line and the nearly doubling of capacity of the company's Alberta Clipper Line that runs from Alberta to Superior.

O'Connor said Enbridge will submit its preferred reconstruction route for Line 3 to the MPUC in February, then it will be up to the governmental agency to schedule public hearings on the proposal up and down the route.

Public hearings on the need for the Sandpiper line will begin in January. However, hearings on the Sandpiper route have been delayed until next spring because of environmental concerns.

Forum News Service John Myers contributed to this story.



"I live off the land, harvest from it, and take care of it as much as I can. Seeing a pipeline come through is heartbreaking."

—Algin GoodSky

Minisinaakwaang Leadership Academy Now Offering ITV College Courses

Brett Larson Staff Writer/Photographer



Minisinaakwaang Leadership Academy Principal Todd Lee

Minisinaakwaang Leadership Academy Principal Todd Lee said the school started offering ITV college courses to students and community members in January. Students can receive college credit for two classes: Anishinaabeg of Lake Superior, offered Monday and Wednesday from 2 p.m. to 3:15 p.m., and Federal Laws and the American Indian, offered Tuesday and Thursday from 2 p.m. to 3:25 p.m. Community members can also take Anishinaabe Language II on Monday and Wednesday evenings and Introduction to Business on Thursday evenings. The ITV equipment was provided by the Mille Lacs Band. For more information, see minisinaakwaang.org.

The Minisinaakwaang Leadership Academy charter school serves K-12 students in the East Lake area. For information on the school, including announcements, the school calendar, staff emails, parent resources, and school closing information, visit minisinaakwaang.org or call 218-768-3477.



Minisinaakwaang Leadership Academy: "Preparing today's youth with leadership skills and academic excellence to meet tomorrow's challenges in a culturally based environment and community."



Save the Date: WEWIN

Save the Date for the Mille Lacs Band of Ojibwe Chapter of Women Empowering Women for Indian Nations (WEWIN) Conference on March 13-14, Grand Casino Mille Lacs Convention Center. Registration and Conference Details coming soon!

Nurses with Heart: Q & A

Public Health Department

Q: Since Gardasil vaccine is a cervical cancer preventive, is the shot given “down there”?

A: Both the Gardasil and Cervarix vaccination are injected into muscle tissue. Gardasil can be injected into the muscle of the upper arm or upper thigh while Cervarix is given as a shot only into a muscle of the upper arm.

— Kathy Beaulieu-Sanders, RN; MCH Coordinator

Q: If your child misses a scheduled dose, do you have to start the entire series over?

A: Don't panic if your child has been given Gardasil, contact your provider and they will then determine when to give your child the next dose. Typically, the provider will continue the started series and opt not to have the patient restart the series. Gardasil can be given to either females or males for HPV Vaccination.

If your child was given Cervarix for HPV Vaccination, it is important to complete all three doses within 12 months of the initial vaccination shot to help your body get the best possible response from Cervarix.

With Cervarix, if you need more flexibility with the administration schedule, please talk to your doctor about the timing. The manufacturer contends that you can get the second vaccination from 1 to 2.5 months after the first dose, and the third from 5 to 12 months after the first dose but remember it is important to get all three. Cervarix is administered to only females.

— Lisa Gorecki, LPN; Immunization Coordinator

Send your questions for our nurses to:

megan.cummings@hhs.millelacsband.nsn.gov

Attn: Megan Cummings
17230 Noopiming Drive
Onamia
MN 56359

Phone: 320-532-7776, ext. 2413

Upcoming Blood Drives

Grand Casino Hinckley Blood Drive
Thursday, February 12
10 a.m.—4 p.m.
Contact Kris Rote at 800-472-6321

Grand Casino Mille Lacs Blood Drive
Friday, February 13
10 a.m.—4 p.m.
Contact Nicole Mitchell at 320-532-8844

Interested in submitting to the *Inaajimowin*?

Send your submissions and birthday announcements to Andy McPartland at **andy@redcircleagency.com** or **call 612-248-2051**.

The March issue deadline is February 15.



DISTRICT 3

Fighting for His Culture

Brett Larson Staff Writer/Photographer

Harry Davis, Jr., was born in Los Angeles but raised — with his sister Gloria and brothers Brad, Gary, Dennis and Ron — in the projects of North Minneapolis by his mother Martha. It was a rough neighborhood, and Harry got in his share of trouble, but two things kept him grounded: boxing, and a connection to his Anishinaabe roots.

Those two themes run through Harry's life and crop up in conversation as he reflects on where he's been and where he's going.

Although Minneapolis is a long way from Aazhoomog, Anishinaabe culture maintained a presence in Harry's home — but not without effort.

"It was difficult," he recalls. "There was very little of our culture in the urban area. If my mom needed a ceremony done she would contact her brothers up here and they would come down and do the ceremony in our home."

Harry's extended family was intimately involved with the culture and spirituality of the Anishinaabe. Harry would spend summers at the home of his uncle and aunt, Albert and Bernice Churchill, in Pine City, playing with his cousins, Skip and Dan and Buzz. They went to Big Drum ceremonies and other powwows and participated in singing with their drum group.

Harry remembers the stories his mother told about growing up in the Lake Lena area — how they walked miles to get to the store because they didn't have transportation, how they lived in small homes with wood heat and no plumbing. He learned about the South School his parents and uncles and aunts attended, and about the ceremonial grounds near Lake Lena.

During his youth Harry also learned the sport of boxing.

"We had a community center, Phyllis Wheatley, and I used to go down there and play sports," Harry said. "They had football teams, basketball teams, boxing... That's where I learned to box. I did a little bit of competition when I was 12, but mostly I trained at home on the heavy bag and sparring with whoever would. Dad was a former Golden Glove boxer and gave me a lot of technical advice."

Harry met and married Laureen Benjamin, who was from Lake Lena. He worked for the railroad for eight years. When that job ended around 1980, Harry and Laureen decided they had had enough city life.

They moved to Sandstone and later to Lake Lena and Hinckley. They raised five children in the District III area: Beverly, Roxanne, Dione, Weylin, and Kate.

During the '80s Harry became involved with restoration of the ceremonial grounds at Lake Lena. "They used to have our Midewin out there, at a big ceremonial ground," he said. "They used to say our Midewin ceremonies were lost, and I didn't like to hear that, so I kept talking to Buzz (Churchill) about trying to restore it. He was elected as district rep in the mid-80s, and he talked to people about getting funding to help pay some of us to clear that land and try to bring it back. So we did all the land clearing, and he obtained the funding to get the things we needed. We built a bunch of ceremonial wigwams, and Buzz's



District III Representative Harry Davis, Jr.

dad, Albert Churchill, performed the ceremonies. From there it progressed and some of the other medicine men came, and they watched and learned. After my Uncle Albert passed away, my cousin Skip took it over, and he still does it."

Priorities

Harry worked construction during the 1980s, and in the early 1990s he helped build Grand Casino Hinckley. Once the casino opened, he was hired as a slot tech and was quickly promoted to lead slot tech. After six years at the casino, he decided to run for office and was elected District III representative in 1998. He served three terms before he was defeated in 2010, but he won the seat back in 2014.

During his first terms on the job, he started a boxing program in District III, and one of his first acts upon returning to politics was to revive the program. He hopes to have boxing clubs operating in Hinckley and Lake Lena.

Harry credits his involvement in sports for keeping him out of serious trouble, and he wants to give the same opportunity to today's youth in District III.

"Usually the kids around me, they got into trouble, and I used to stay busy with sports," Harry said. "I did get in trouble, but not so I'd end up in the system."

Harry has seen a lot of changes to his community during his lifetime, mostly for the better. "I feel proud for our tribe because we were really poor in our district," he said. "We had very few jobs around here. The tribe had very little construction going on when I first moved up here.

When we started getting our own resources we were able to start building our infrastructure and to hire our own Band members to do the work and train them, and they were able to live a comfortable lifestyle."

As District III Representative, Harry's priorities are what they've always been: "I want to help our Band members lead a good life, a comfortable life, and to have affordable housing and employment, and I always want to be there to help with emergencies. I want to help our Band stay successful, to stay within our culture, and to follow our culture and not lose it. The most valuable resource I believe we have is our culture."

"I want to help our Band stay successful, to stay within our culture, and to follow our culture and not lose it."

— Harry Davis, Jr., District III Representative

New Forester on Staff at DNR

Brett Larson Staff Writer/Photographer

For the first time in 20 years, the Mille Lacs Band Department of Natural Resources has a full-time forester on staff.

Jacob Horbacz of Hinckley started work in early January and will be in charge of taking inventory of Band forest lands, writing management plans, implementing sustainable forestry practices, and working with Dean Staples’ fire crew on prescribed burns and fire suppression.

Jacob grew up in Hinckley just a mile from Grand Casino and graduated from Hinckley High School in 2009. He started college at Anoka-Ramsey Community College and finished at the University of Wisconsin–Stevens Point with a Bachelor of Science degree in forest management. He has worked as an intern at St. Croix State Park.

“I’m looking forward to putting the skills and knowledge I learned in school to use,” Jacob said, “and to working with the people here and seeing the results of all the work we do.”



Jacob Horbacz, center, will be working closely with Dean Staples, lead forestry fire technician, and Eli Staples, forestry fire technician.

Cancer Awareness Month

Linda Moses Public Health Department **Tiffany Bolk** Photographer

Every year, February sweeps the states with love. Chocolate, flowers, diamonds — who can ask for a more fabulous month? But February is also National Cancer Prevention Month and there’s no better way to show yourself love than by taking care of your own body.

We want women and men to know early warning “whispers” that are so subtle they are often ignored until it’s too late or are misdiagnosed for benign illnesses. Most American women are the caregivers for their children, their spouses, and their elders. Put your health first so you can be around longer for your loved ones!

Nearly one-third of all cancers are preventable, so you can reduce your risk for cancer by changing your lifestyle. Play an active role in National Cancer Prevention Month and your own health by following these tips.

- **Live Healthy:** Exercise and eating right is important in not only preventing cancer, but keeping your body in shape for a long, healthy life. Control your weight, and fill your plate with fruits and veggies.
- **Quit Smoking:** Smoking damages almost every organ in the body and accounts for nearly 30 percent of all cancer deaths.
- **Limit Sun Exposure:** Constant exposure to the sun for that “gorgeous” tan is not worth increasing your risk for cancer. Tans will fade but the damage to your skin won’t!
- **Get Screened:** Regular screening and self-exams play a huge role in early detection of cancer. This includes getting the HPV vaccine and yearly PAP tests, fecal occult blood tests, prostate exams and mammograms.
- **Listen to your body:** Nobody knows your body better than you. If you feel something is

imbalanced, see your physician immediately and do not sweep any symptoms under the rug. Always bring a list of questions with you to your appointments and never feel bad about getting a second opinion. It isn’t personal — It’s your life!



Exercise and eating right is important in not only preventing cancer, but keeping your body in shape for a long, healthy life.

Gidinwewininaan

Baabiitaw Boyd Gaa-ozhibii’ang



This month’s article is about behaviors in the classroom and how my personal experience as a student gives me perspective and drive to help students be happy learners.

Mii go noongom waa-ini-dazhindamaan i’w abinoojiinyi-izhiwebiziwin naa go gaye gaa-inikamagak ishkweyaang gii-kikinoo’amaagoziyaan. Nigii-sanagendaan geget da-bimiwidooyaan iniw inaakoniganan imaa gikinoo’amaadiwigamigong gii-ikwezensiwiyaan miinawaa gii-ni-oshkiniigikweyiyaan. Eta-go chimookomaanag gii-ayaawag widi gaa-tazhi-gikinoo’amaagoziyaan. Bebezhiig gii-maajaawag ingiw niwiiiii-anishinaabe-gikinoo’amaaganag. Ogii-sanagendaanaawaa gaye wiinawaa. Apane-igo nigii-pabaa-ayaa aanawi-go booch-da-anokiiyaan. Anooj gegoo nigii-izhichige da-baabinikamigiziyaan megwaa maa anokiiwaad niwiiiii-gikinoo’amaaganag. Gaawiin nigii-apiitendanzin l’iw gikinoo’amaadiwin. Gaawiin nigii-nisidotanzin ge-wiidookaagooyaan ani-apiitiziyaan. Gaawiin gaye nigii-kikinoo’amaagoosiin ge-izhi-anishinaabewiyaan imaa Chi-mookomaani-gikinoo’amaadiwigamigong.

Ishke dash noongom ani-nanda-gikendamaan abinoojiinyi-inaadiziwin naa biinish-go gaye ge-gikinoo’amaagoowaad. Indani-nisidotaan gaa-onjikaamagak gaa-izhiwebiziyaan. Mii imaa wenjikaamagak misawendamaan da-naadamaageyaan gikinoo’amaadiwigamigong. Niwii-wiidookawaag anishinaabe-abinoojiinyag da-gikenindizowaad ezhi-anishinaabewiwaad naa biinish-go gaye ge-izhi-apiitendamowaad ogikinoo’amaadiwiniwaan. Mii dash go gaye da-gashki’ewiziwaad miinawaa da-minowaanagwendamowaad gikinoo’amaagoziwaad.

Mille Lacs Band Treaty Rights Celebration

Friday, March 20
Grand Casino Mille Lacs
Events & Convention Center

Invocation at noon
Honor song by drum group Timber Trails
Lunch served at 12:30 p.m.

There will be vendor booths, arts & crafts booths, door prizes, and games for adults and kids.

Plus, enter for a chance to win a ricing package that includes rice knockers and a canoe or a spring harvest package that includes a net, buoys, and a canoe. *Must be present to win.*

If you are interested in having an arts & crafts booth, please contact Rachel Shaugobay at the DNR office: 320-532-7439 or email rachel.shaugobay@millelacsband.com. The DNR appreciates your involvement at the event. Deadline to register an arts & crafts booth is March 4th.

TRIBAL NOTEBOARD

Happy February Birthday to Mille Lacs Band Elders!

Laura Ann Ashcroft
 Melanie Ann Benjamin
 Debra Jean Blake
 Sandra Lee Blake
 Judy Ann Carlson
 Ellen Marie Dakota
 Harry Richard Davis
 Bonita Louise Eagle
 Douglas Willard Eagle
 Eileen Frances Farah
 Beverly Ann Graves
 Mary Louise Hoffer
 Donald Ray Houle
 Conrad Kegg
 Kurt Drew Keller
 Carolyn Dawn Lewis
 Wesley Dean Merrill
 Victoria Gina Mitchell
 Gilbert Wayne Moose
 Debra Lee Northrup
 Patricia Ann O'Brien
 Robin Lou Oswaldson
 Rhonda Lynn Peet
 Alan Pindegayosh
 Ellen Marie Roth
 Bette Sam
 Darlene Frances Sam
 Gladys Diane Sam
 Pauline Marie Sam
 Kenneth Wayne Shingobe
 [Mitchell]
 Alvera Marie Smith
 Bennie David St. John
 Edward Louis St. John
 Elizabeth Ann St. John
 Stanley Conrad St. John
 Richard Jay Staples
 Robert Lee Staples
 Berniece Sutton
 Emma Edna Thomas
 Ramona Joyce Washington

Patrick Weyaus
 Marilyn Jean Whitney
 Clyde Manuel Wind
 Rose Marie Wind
 Dorothy May Wistrom

Happy February Birthdays:

Happy Birthday **Danica Benjamin** on 2/1 with love from Auntie Tammy, Brandon, Chantel, Jazmin, Ahrianna, Brandi, Elias, TANK, Alizaya, and Rico. • Happy Birthday **Gladys Sam** on 2/3 with love from Tammy, Brandon, Chantel, Jazmin, Ahrianna, Brandi, Elias, TANK, Alizaya, and Rico. • Happy Birthday **Clayton Benjamin Jr.** on 2/7 with love from Auntie Tammy, Brandon, Chantel, Jazmin, Ahrianna, Brandi, Elias, TANK, Alizayz, and Rico. • Happy Birthday **Chris Jr.** on 2/7 love Mom, Dad, Cordell, Jimmy, Auntie Val, Pie, Kevin, Rachel, Randi, Tracy, Shelby, Max, Aidan, Aiva, Mark, Emery, DeBreanna, Jarvis, Brad, Braelyn, Payton, Eric, Wes, Bryn, Bianca, Jay, Taylor, Adam, Bruce, Jayla, Lileah, Sharon, Ravin, and Melodie. • Happy Birthday **Papa G** on 2/7 with Love from your Grandkids Hayden, Cayleigh, Cede, Rico, and baby Avery. • Happy Birthday **Papa** on 2/7, love Maria Kaylyn. • Happy Birthday **Pops (Gerald Sr.)** on 2/7 with love from Beverly, Levin, Jodi, Wade, Levi, Penny, Erica, Sheldon, and Kacie. • Happy 2nd Birthday **Kiley Maria Solis** on 2/8 from her Aunty/we'eh Cilla.

• Happy Birthday **Monkey** on 2/8 with love from Ashley, Big Brother Rod, William, Asia, and Aaralyn. • Happy Birthday **Kiley "Bebeyaans"** on 2/8, love MariaKaylyn and Erica. • Happy Birthday **Dede** on 2/10, love Dad. • Happy Birthday **Cayleigh Marie** on 2/12, love Gramma B, Papa, Cede, Uncle Ron' N Uncle Two Braidz, Uncle Grant & Rico Harvey, Aunty Chew & AuntyTola', and We'ehS Nan' & Sean. • Happy 4th Birthday **Cayleigh Marie** on 2/12 Cayleigh Marie. • Happy Birthday **Caylz** on 2/12, love We'eh Ca' and MariaKaylyn. • Happy Birthday **Cayl** on 2/12, love Uncle Bert. • Happy 6th Birthday **TANK Wagner** on 2/13, all our love mommy, gramma, Elias, Sissy, Rico, Uncle Brandon, Auntie Chantel, Jazmin, and Ahrianna. • 2/16 Happy Birthday **Josh** with love from Ashley, William, Rodney & Girls, Grams, Landon, Aaron, and Damian. • Happy Birthday **Jake** on 2/16, love Aiva, Mark, Emery, Debreanna, Mom, Gram Karen, Shelby, Max, Aidan, Auntie Val, Pie, Kevin, Auntie Rachel, Jarvis, Sharon, Ravin, and Melodie. • Happy Birthday **Billie Jo & Maranda** on 2/17 with love from Ashley, William, and Rodney & Girls. • Happy Birthday **Gramma Mags** on 2/17, love Levin, Jodi, Wade, Levi, Penny, Erica, Sheldon, Sean, Grant, Kacie, Beverly, and Gerald. • Happy Birthday **Nanan** on 2/17, love Hayden, Cayleigh, Cede, Maria, Rico,

and Baby Avery. • Happy Birthday **Aunty Rose** on 2/19, love Hayden, Cayleigh, Cede, Maria, Rico & Baby Avery, Kacie, Grant, Sean, Sheldon, Erica, Penny, Levi, Wade, and Jodi & Levin. • Happy Birthday **Braelyn** on 2/22, love Dad, Papa, Payton, Eric, Wes, Bryn, Bianca, Auntie Val, Pie, Kev, Auntie Rachel, Auntie Randi, Bruce, Jayla, Lileah, Jay, Taylor, and Adam. • Happy Birthday **Cordell** on 2/23 love Mom, Dad, Chris, Jimmy, Auntie Val, Pie, Kevin, Rachel, Randi, Tracy, Shelby, Max, Aidan, Aiva, Mark, Emery, DeBreanna, Jarvis, Brad, Braelyn, Payton, Eric, Wes, Bryn, Bianca, Jay, Taylor, Adam, Bruce, Jayla, Lileah, Sharon, Ravin, and Melodie. • Happy Birthday **Cede** on 2/25, love Dad, Gramma B, Papa, Uncles Levi, Wade, Levin, Aunty Penny & Baby Avery, Aunty Jodi, Uncle Grant, and RicoHarvey. • Happy Birthday **CedeBear** on 2/25, love AuntyCa' and Maria. • Happy Birthday **Antavia Pendegayosh** on 2/25 with love from Mom, Dad, Antavia, Auntie Renee, Uncle Steve, Grandma Jane, and Grandpa Bruce. • Happy Birthday **Meghanne** on 2/27, love your We'eh Maria Kaylyn.

Happy Belated Birthdays:

Happy Belated Birthday **Aaron Regguinti** on 1/2 from Grandma and Grandpa. • Happy Belated Birthday **Curtis**

Regguinti on 1/8 from Mom and Dad. • Happy Belated 8th Birthday **Arielle Pendegayosh** on 1/8 with love from Mom, Dad, Antavia, Auntie Renee, Uncle Steve, Grandma Jane, and Grandpa Bruce.

Other Announcements:

I would like to say a BIG miigwetch to the following Mille Lacs Band departments: The Chief Executive Office, Legislative Office, Community Development Staff, Department Natural Resources and Health and Human Resource Office for your opportunity to allow for the Spirit of the Holiday Season shine through by holding a Christmas House Lighting contest for all the Mille Lacs Band districts. Your hard work and dedication to all Band members is greatly appreciated! Again, miigwetch for all you do to continue to work hard to make our lives as Mille Lacs Band members productive and positive in our daily lives. Happy Holidays and many blessings in for the New Year! Sincerely, a District III Band member.

Submit Birthday Announcements

Send name, birthday and a brief message that is **20 WORDS OR LESS** to Andy McPartland at andy@redcircleagency.com or call 612-248-2051. *The deadline for the March issue is February 15.*

Mille Lacs Indian Museum February Events

Kids' Crafts: Story Book Time and Dream Catchers

Saturday, February 7

Time: Noon–3 p.m.

Fee: \$5 per kit (does not include museum admission)

Enjoy stories and light snacks from noon to 1 p.m., then from 1 p.m. to 3 p.m. children can learn how to weave a dream catcher to take home. The dream catcher is a woven web believed to protect the dream world of the person who sleeps beneath it. Please allow an hour to make the craft. This project is recommended for children ages 8 and up. For more information call 320-532-3632 or e-mail millelacs@mnhs.org.

Ojibwe Moccasin Workshop

Saturday, February 21 and Sunday, February 22

Time: Noon–4 p.m. Saturday and 10 a.m.–2 p.m. Sunday

Fee: \$60/\$55 for MNHS members; additional supply fee of \$15

Reservations: required three days prior to workshop, call 320-532-3632 or e-mail millelacs@mnhs.org

Learn techniques of working with leather at this two-day workshop. Participants will make a pair of Ojibwe-style moccasins to take home. A light lunch and refreshments will be provided on both days. A minimum of five participants required to host workshop. Children under 18 must be accompanied by an adult. Discounted hotel rooms are available for workshop participants on Saturday night at Grand Casino Mille Lacs.

FEBRUARY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>1</div> <div>Want your event here? Email andy@redcircleagency.com or call 612-248-2051</div>	<div>2</div>	<div>3</div>	<div>4</div> <div>Chiminising Bingo 6 p.m. Chiminising Community Center</div>	<div>5</div>	<div>6</div>	<div>7</div> <div>Kids' Crafts: Story Book Time and Dream Catchers Noon–3 p.m. Mille Lacs Indian Museum See page 14</div> <div>Urban Area Elder Luncheon 11 a.m.–2 p.m. All Nations Indian Church</div>
<div>8</div> <div>Chiminising Bingo 6 p.m. Chiminising Community Center</div>	<div>9</div> <div>District II-A Legislative Committee Meetings 3 p.m.–6 p.m. Chiminising Community Center</div>	<div>10</div> <div>District II-A Legislative Committee Meetings 3 p.m.–6 p.m. Chiminising Community Center</div>	<div>11</div>	<div>12</div> <div>Blood Drive 10 a.m.–4 p.m. Grand Casino Hinckley See page 12</div> <div>District II Legislative Committee Meetings 3 p.m.–6 p.m. East Lake Community Center</div>	<div>13</div> <div>Blood Drive 10 a.m.–4 p.m. Grand Casino Mille Lacs See page 12</div> <div>District II Legislative Committee Meetings 3 p.m.–6 p.m. East Lake Community Center</div>	<div>14</div>
<div>15</div>	<div>16</div> <div>Chief's Day Child Support Office will be closed all day</div>	<div>17</div>	<div>18</div> <div>District III/ Aazhoomog Community Meeting 5:30 p.m. Grand Casino Hinckley Event Center</div> <div>Chiminising Bingo 6 p.m. Chiminising Community Center</div>	<div>19</div>	<div>20</div>	<div>21</div> <div>Ojibwe Moccasin Workshop Noon–4 p.m. Mille Lacs Indian Museum See page 14</div>
<div>22</div> <div>Ojibwe Moccasin Workshop 10 a.m.–2 p.m. Mille Lacs Indian Museum See page 14</div>	<div>23</div>	<div>24</div>	<div>25</div> <div>District II-A Community Meeting 5:30 p.m. Chiminising Community Center</div>	<div>26</div> <div>Urban Area Community Meeting 5 p.m.–7 p.m. All Nations Indian Church</div> <div>District II Community Meeting 5:30 p.m. East Lake Community Center</div> <div>District II-A Sobriety Feast 5:30 p.m. Chiminising Community Center</div>	<div>27</div>	<div>28</div> <div>Taylor Grace Awareness Benefit Dinner & Auction 4 p.m.–8 p.m. Onamia Vets Club See page 16</div>

Child Support Enforcement Update

Due to a new system in place the Mille Lacs Band Child Support office will send out annual statements this year upon request from the Custodial Parents (CP's) and Non-Custodial Parents (NCP's). Please make sure your address is up to date with our office.

On some occasions an NCP may over pay on their account which results in a refund. Verifying your address with our office will assure the refund is sent to the proper address and not returned to our office.

The Child Support office will be closed all day February 16, 2015 for Chief's Day.

If you have any questions or concerns contact our office at 320-532-7755.

Announcement: Adolescent Outpatient Services

The Mille Lacs Band of Ojibwe Behavioral Health department has programming in place to serve adolescents seeking chemical dependency treatment. The program meets with clients one to three times a week, based on progress and need. The program is culturally based and aims to utilize the community strengths as a path to healing for young people. The program uses working groups and individual meetings to help attendees meet their goals by completing assignments and participating in activities.

The program meets at the brick building on Twilight road. Transportation may be available in some cases. The counselors are also available to the community to help intervene in chemical use before it becomes a problem, and for education. Call for more information 320-532-3080.

Shaylor Alley is getting the program underway and is the adolescent counselor for the program. Shaylor is finishing his Master's degree in clinical psychology and working toward being dually licensed as a mental health provider and a chemical dependency counselor. He recently moved to Minnesota from Santa Fe, New Mexico.

Taylor Grace's Leukemia Awareness Benefit Dinner & Silent Auction

Mille Lacs Tribal Police Officer Craig Nguyen and his family are raising awareness for their 3-year-old daughter, Taylor Grace, who is undergoing chemotherapy for leukemia.

Saturday, February 28th
4 p.m.–8 p.m.



Taylor Grace

Onamia Vets Club (38692 US Hwy 169)

Dinner tickets: Adults \$10, Children \$5 (Contact Tribal Police to purchase: 320-532-7490)

Taylor's journey can be followed at **CaringBridge.org** — search for "SweetTaylorGrace".

Please keep the Nguyen family in your prayers as they go through this difficult journey.

National Children's Dental Health Month

Kari Carlson Public Health Department

We at Public Health, believe that developing good dental habits at an early age and scheduling regular dental visits helps children to get a good start on a lifetime of healthy teeth and gums.

Some of the best good dental habits to develop are:

- Brush your teeth two times a day for two minutes.
- Eat healthy snacks. Like fruits and vegetables.
- Avoid drinking sodas, juices and sports drinks with a lot of sugar.
- Protect your teeth by wearing a mouth guard whenever you play any sports.
- Visit your dentist.

The Ne la Shing Dental Department, Mille Lacs Band Early Education/Headstart program, and Mille Lacs Band Public Health Department are partnering together this year to promote dental health at the Headstart Health Fairs on February 10, 11, & 12. Children's mouths will be examined by our dentist, Dr. Salgado. Fun dental themed activities are planned and educational information will be provided to students and families in attendance.

For further information or if you have any questions, please contact Kari Carlson, 320-532-7457 or Kathy Beaulieu-Sanders, 320-532-7511.

Continued from page 7 TERO Director Named

statewide for help in recruiting qualified workers.

Craig has also taken the initiative to go beyond his TERO duties to help Band members find employment off the reservation. For example, he was named to the Minnesota Sports Facilities Authority (MSFA) Equity Oversight Committee, which ensures that minorities and women are being hired. TERO doesn't apply in the Twin Cities, but tribal representation on the committee was lacking. Since the Mille Lacs Band is a Minnesota Vikings sponsor, and Craig had worked with the contractor, Mortenson, on the Grand Casino Hinckley Hotel Project, he stepped in to fill the void.

Compliance Officer Lisa Ballinger is also getting into the training game. She received "Train the Trainer certification" in Flagging directly through MnDOT and has since trained 202 tribal members statewide by networking with Fond Du Lac and Bois Forte TERO Offices.

Tough but fair

Craig doesn't believe in being unnecessarily confrontational with contractors. His method is to keep the lines of communication open. If a contractor loses an Indian employee and fails to meet the compliance plan, he would prefer they call and work with him to find a replacement than face a fine for non-compliance. "We recognize it's a two-way street," he says. "There has to be some give and take."

On the other hand, he is serious about the law and about providing opportunities for Band members and other Native Americans — as his commitment to training and service shows.

In 2010, the Band sent him to a Blandin Leadership Foundation conference, which he credits for sharpening his career focus by helping him see things from multiple perspectives.

The best compliment he ever received was when he overheard a contractor describe him as "tough but fair."

In pursuing all options to increase opportunities for Band members, Craig follows the same advice he gives to anyone seeking work: "My motto for the office is 'Every opportunity is a golden opportunity. It is what you make of it.'"

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Heating, Water, and Maintenance Problems?

During normal business hours: tenants in Band rentals and Elders living within the service area should call 800-709-6445, ext. 7433, for work orders. **After business hours:** tenants with maintenance emergencies should call 866-822-8538 and press 1, 2, or 3 for their respective district.

Free Hearing Evaluations

Evaluations take place on the second Friday of each month at Ne-la-Shing Clinic. Call 320-532-4163 to schedule an appointment. Walk-ins are welcome — we will do our best to serve you. Ask us about the \$1,000 in hearing aid benefits you can receive from the Circle of Health.

Hearmore Hearing has offices in Saint Paul and Osseo. To schedule an appointment Monday through Friday, call the Saint Paul office at 651-771-4019 or the Osseo office at 763-391-7433.

OJIBWE INAAJIMOWIN

THE
STORY
AS IT'S
TOLD

MARCH 2015 | VOLUME 17 | NUMBER 03

CELEBRATING OUR RIGHTS

PAGE 6

Mary Razer (Mille Lacs Ojibwe) draws her
gill nets from a lake around 1915.

CONTROVERSY
OVER ELDER'S
AUTOPSY

PARTNERS FOR
PREVENTION
HELPS KIDS

ANTI-BULLYING
CLUB'S POSITIVE
MESSAGE

EARLY ED.
AWARDED
4 STARS

MESSAGE FROM THE CHIEF EXECUTIVE

MELANIE
BENJAMIN
CHIEF EXECUTIVE



Aaniin! I hope all have managed to stay warm during these past cold spells. February was so busy that it would take this entire newsletter to cover everything we've been working on, so I'll just focus on a few of the highlights and major policy initiatives.

I held a Cabinet Meeting with the commissioners in St. Paul at the end of January, where we engaged a two-day working session to map out the short and long-term goals which each Commissioner is working on. We identified how they can support one another in achieving progress for the Band.

In the midst of the Cabinet meeting, we simultaneously negotiated an agreement with the Federal Highways Administration (FHA). This is an historic, groundbreaking agreement between the Band and the U.S. Department of Transportation that details how we will work together on a government-to-government basis, and will now serve as the model for other Tribes in Minnesota.

We continue to make steady progress to get Pine Grove Leadership Academy reopened as a satellite school of Nay Ah Shing, which will enable it to receive funding from the Bureau of Indian Education. This is an exciting, priority project. I will be meeting in Washington D.C. in early March with federal and congressional officials to seek final approval. I am excited for the Aazhoomog community to have this wonderful school to be part of the Nay Ah Shing system, and am told that it could accommodate up to 40 students when it reopens next fall.

On March 17th, the Band is hosting an Elder Abuse Awareness Conference at Grand Casino Mille Lacs. Also, Women Empowering Women for Indian Nations (WEWIN) is sponsoring a conference on March 13-14 on the difficult topic of opiate use as it is impacting our newborn babies. Information about both is included in this newsletter, so please register for these important conferences. The WEWIN conference is open to ALL

Band Members, not just women, so I encourage anyone who can attend to register.

We are happy to be able to sponsor two trips for Elders this spring, one to Las Vegas and one to Oklahoma City. Now that the deadline has passed for signing up, staff can schedule these trips. All who signed up will receive information with more details soon.

On March 20, the Band will celebrate Treaty Day, when the Supreme Court affirmed the Band's rights under our 1837 Treaty. It is with some irony that I need to report about a difficult issue we are now having with the State of Minnesota. For the past few years, state officials have on occasion taken the position that the reservation boundary of the Band no longer exists. On February 24, I plan to get a resolution through the Tribal Executive Committee of the Minnesota Chippewa Tribe. The resolution will address recent statements made by Solicitor General Alan Gilbert, of the State Attorney General, in writing to the Bureau of Indian Affairs, which not only threaten the existence of the Mille Lacs Reservation, but could also be viewed as threatening the reservations of several of the Bands of the Minnesota Chippewa Tribe. Mr. Gilbert implied that the intention of the Nelson Act of 1889 was to have only two Chippewa reservations in Minnesota, Red Lake and White Earth. We are very concerned about this matter, and Speaker Beaulieu and I have talked with Governor Dayton directly about this. On February 24, the TEC will hopefully pass a resolution supporting the existence of all the Minnesota Chippewa Tribe reservations, and noting that case law has stated that the Nelson Act had no impact on the boundaries of Chippewa Reservations. We also plan on getting a similar resolution through the Minnesota Indian Affairs Council in early March.

Finally, the Mille Lacs Band and the Rice Lake community experienced the tragic loss of a leader and activist on February 7. Mushkoob Aubid devoted his life to working on advancing

Indian rights, including the 1855 Treaty Rights. An article in this issue shares more about his life. As many of you know from media coverage, the family was discriminated against when it came to exercising their religious rights. In partnership with Chairwoman Karen Diver, of the Fond du Lac Band, I am committed to putting a stop to this discrimination.

On February 19th, Band staff and I attended a meeting with Chairwoman Diver and her staff that we were invited to by Carlton and St. Louis counties. Before this meeting, I spoke with one of our spiritual leaders and Elders first, and with his permission, I told these county officials about our expectation of being treated with basic human dignity and respect in our time of grieving. In a letter, I also requested that St. Louis County terminate its relationship with the current Medical Examiner. The Minnesota Chippewa Tribe and the Minnesota Indian Affairs Council have also weighed in and have demanded that these counties consult with us as tribes. Additionally, Mille Lacs and Fond du Lac are working together to change the law in Minnesota to ensure that the religious rights of all families are respected when a loved one passes away, and will do whatever we can to get this legislation passed during this Legislative session in Minnesota.

Sometimes it seems like every time we turn around, another barrier is put up to challenge our rights as Indian people and as tribal Nations. As Anishinaabe people, we don't always agree on many things, but the right to freely exercise our traditions, culture and spiritual beliefs is a deeply personal issue that I know we are united on. I will keep Band Members apprised of these developments as they move ahead. I hope to see many of you at our upcoming conferences in March! Miigwech.

Melanie Benjamin



Chief Executive Melanie Benjamin signing the FHA agreement.



Chief Executive Melanie Benjamin with Interim Director of Federal Highway Administration Brenda Redwing.

Elder's Passing Results in Controversy Over Autopsy

Toya Stewart Downey Staff Writer **Ivy Vainio and Mille Lacs Messenger** Photographer



Mushkooub Aubid at Perch Lake in Sawyer (Fond du Lac Reservation) during manoominike harvest in 2013.



Though progress has been made across the state of Minnesota for Native Americans in the past two decades, a recent tragic accident and brush with ignorance — and the abuse of systemic power and privilege — were strangely similar to what happened about 25 years ago. And it involved the same Mille Lacs Band family.

Last month, on Saturday, February 7, Rice Lake Band Elder and Drumkeeper Mushkooub Aubid passed away after being involved in a single-car accident just outside of Cromwell on Highway 210.

Because no other vehicles were involved, state troopers determined an autopsy wasn't necessary. When the family arrived at Cloquet Memorial Hospital to bring Mushkooub home, his body should have been released to them so they could take him home and prepare him for his journey into the spirit world in accordance with Midewiwin spiritual traditions.

Instead, a battle ensued.

Without talking to the family or examining Mushkooub's body, the Carlton County medical examiner decided to conduct an autopsy and called police to the hospital to assist with taking custody of Mushkooub's body. This was done even though the family told hospital staff that an autopsy would violate the spiritual beliefs of Mushkooub and the family.

An autopsy also would have violated the American Indian Religious Freedom Act, which guarantees Native people the rights to practice their cultural traditions without interference.

With the family following close behind, the medical examiner drove Mushkooub's body to the morgue at the School of Medicine on the UMD Campus. The family arrived to find several police cars waiting for them, and they were threatened with arrest if they tried to enter the building as Mushkooub's body was being transferred inside. To add insult to injury, throughout the next 24 hours, the family asked the medical examiner several times to allow them to conduct a ceremonial washing of Mushkooub's body, and each time the medical examiner refused, in clear violation of Minnesota law.

Minnesota Statutes 149(A)01, Subd.3(5)(b), which governs the medical examiner's handling of human remains, states: "This chapter does not apply to or interfere with the recognized customs or rites of any culture or recognized religion in the ceremonial washing, dressing, casketing, and public transportation of their dead, to the extent that all other provisions of this chapter are complied with."

Carlton County and St. Louis County both contract medical examiner services to a private company called Lakeland Pathology, based in Hibbing, Minn, which leases space to perform autopsies at the medical school on the Duluth campus.

Because the medical examiner scheduled the autopsy for 3 p.m. Sunday afternoon, the family had no choice but to try to obtain a court order to get the autopsy stopped. While attorneys worked on the court order and because time was running out, the family made the difficult decision, with advice from Band staff, to go public with their ordeal. They granted the Band permission to contact local media on their behalf. The hope was that sharing their story and shining a bright light on the injustice they were dealing with would put public pressure on the medical examiner to respect their religious rights and release Mushkooub's body. Around 2 p.m. the medical examiner agreed to delay the autopsy, but he still refused to release Mushkooub's body or allow the family to be with their loved one. Over the following hours the family remained gathered outside the School of Medicine. A spirit fire was lit and food was brought in for the evening feast. In the meantime, Band advisor Tadd Johnson was trying to find a judge to sign a court order that would call for immediate release of Mushkooub's body to his family.

Hours later, around 11:30 p.m., Tadd and Rick Smith drove to the Cloquet home of Judge Robert MacCauley, who signed the court order. When they returned to UMD with the court order, the family had hopes they would soon be taking Mushkooub home.

Instead, hopes were crushed with the devastating and confusing news that the medical examiner was refusing to abide by the court order and refusing to release Mushkooub's body. An meeting was scheduled for 7:30 a.m. Monday with the St. Louis and Carlton County attorneys and Band staff, forcing the family to wait outside all night in 17-degree weather. Grand Casino sent a shuttle bus to Duluth so family members could occasionally warm themselves inside together.

After the meeting with the county attorneys Monday morning, the medical examiner relented and agreed to release Mushkooub's body to his family without an autopsy. Finally, around 9 a.m., the family was able to take him home.

This tragic incident was eerily similar to circumstances about 25 years ago when Mushkooub's father, George Aubid, passed away in Aitkin County. Mushkooub took his father's body away from the Aitkin County Hospital, where an autopsy was pending, to bring him home. A police chase involving county and state troopers ensued, as Mushkooub raced down the roadway with his father's body, at one point even switching cars and using backroads. When asked about why he wanted to press charges against Mushkooub, Aitkin County Deputy Coroner Chuck Brenny said, "They just can't go to a hospital and take a body from the ER and put it back into the station

wagon and drive away... Pretty soon, everybody will be doing it." This incident became a national news story and an embarrassment to Aitkin County.

"You would think they might have learned something in 25 years," Tadd said.

Many questions remain to be answered, including why a medical examiner was able to violate a state court order for nine hours.

A mere 24 hours after the incident with Mushkooub and his family, the same medical examiner refused for 15 hours to abide by a second court order for release of Mushkooub's body of a Fond du Lac woman whose family was opposed to autopsy.

Band officials are working with both counties to address flaws in the contract with the medical examiner's company, which they say incentivizes the medical examiner to perform autopsies as often as possible regardless of what families want. The contract pays the medical examiner a set fee for each autopsy he conducts.

When the Band learned that the medical examiner's contract with St. Louis County is due to be renewed for another two years in upcoming weeks, Chief Executive Melanie Benjamin wrote to St. Louis County insisting it terminate its relationship with this medical examiner.

In the February 13th letter she cited a violation of state statutes, "despicable behavior" and "an egregious act of discrimination against the religious rights of a Member of the Mille Lacs Band of Ojibwe Indians and his family."

Along with Fond du Lac and the Minnesota Chippewa Tribe, the Band is working with both Carlton and St. Louis Counties to ensure that an incident like this is never repeated.

In the long term, Tadd said changes in the state law that allows families to reject autopsies are absolutely critical. Several states already have such language in place, including New York, New Jersey, Rhode Island and California.

Tadd added that both state and county employees must prioritize educating their employees about cultural sensitivity to Native Americans, their culture and beliefs.

Though the story of Mushkooub's death became public in local media, representatives from the Band said it's likely that autopsies have been performed on other Band members, in many cases against the wishes of their family members.

Band Elder and Spiritual Advisor Lee "Obizaan" Staples, told representatives of the media that more people need to learn about the Anishinaabe culture, teaching and traditions. He added that he hoped the case would raise awareness of people who hold deep cultural beliefs.

Mushkooub Aubid: Passing of a Great Leader

Winona LaDuke Executive Director of Honor the Earth *This article originally appeared on Indian Country Today Media Network.*

“They just can’t go to a hospital and take a body from the ER and put it back into the station wagon and drive away,” Aitkin County Deputy Coroner Chuck Brenny said... “Pretty soon, everybody will be doing it.”

Manominike Giizis, August 1990, discussing the repatriation of Egiwaateshkang, aka. George Aubid by his son Mushkooub. Mushkooub took his father’s body from the coroner’s office in a station wagon home, to send him on his path to the spirit world.

Some things change, but many stay the same. This month’s passing of Mushkooub Aubid, son of George Aubid, followed the same story line. Mushkooub Aubid, 65, was involved in a serious car accident on February 7 and was pronounced dead at Cloquet Memorial Hospital. His body was taken to the medical school at UMD, where an autopsy was set for Tuesday, long after the traditional practice would allow. “We just want to prepare his body for his journey to the next world,” his widow, Winnie LaPrairie, said. “This is the way it’s been done for thousands of years.”

It took a lot of pressure and 25 tribal members to bring their Chief home. Band administrators and attorneys said a forced autopsy would violate the American Indian Religious Freedom Act. “We’re trying to do this peacefully and according to the law,” Dan LaPrairie, Aubid’s son, said. “But our beliefs supersede those laws. Our father gave us explicit instructions for

what to do when he passed, and that’s what we’re trying to do here.”

The well attended funeral and wake included representatives from most of the Anishinaabeg communities in the region and the traditional Midewin Societies. The funeral was held in East Lake or Minisinaakwaang, home of the Rice Lake Band of Mississippi Anishinaabe or Manoominikeshiins-ininiwag. Mushkooub (He that is Firmly Affixed), much like his father, had their lives marked with defense of the land and way of life of the Anishinaabeg. At the center of their lives given by the Creator was the political autonomy of Minisinaakwaang, as well as mino bimaatisiwin.

Mushkooub, who refused to fight in the Vietnam War because “that was not his war,” was remembered for his courage and tenacity at his memorial. He was among the American Indians who took over the Bureau of Indian Affairs building in Washington, D.C. in 1972; a year later was part of the liberation of Wounded Knee; and also joined his father in protesting dumping of military and toxic waste on the shores of Gichi Gummi (Lake Superior). His accolades include: Mille Lacs Band Education Director; championship ricer — bringing in 650 pounds in one day; defender of land, water, and the way of life.

There is, in the end, a conflict between worldviews, and ways of life. Some call it the white man paperwork: autopsy reports on deceased Indians and permitting of projects known to damage the ecosystem. What Mushkooub stood for is to be

Anishinaabeg, and perhaps his father’s words of 30 years ago remind us all of what that means:

“We do not have thousands upon thousands of dollars. We do not have great mansions of beauty. We do not have priceless objects of art. We do not lead a life of ease, nor do we live in luxury. We do not own the land upon which we live. We do not have the basic things of life which we are told are necessary to better ourselves. But I want to tell you now that we do not need these things. What we need, however, is what we already have. What we need has been provided to us by the Great Spirit. We need to realize who we are and what we stand for. We are the keepers of that which the Great Spirit has given to us, that is our language, our culture, our drum societies, our religion, and most of all our traditional way of life. We need to be Anishinaabeg again.” — George Aubid, Egiwaateshkang.

Known as a political activist, Mushkooub was also deeply devoted to his family, described as a kind man with a big heart and compassion for those in need. Mushkooub is survived by his wife Winnie LaPrairie of East Lake, MN; sons, Dan LaPrairie of Sawyer, MN, Iyawbe LaPrairie Mushkooub of East Lake, Biisaa Aubid of Wright, MN; culturally adopted son, Franklin Benjamin of Onamia, MN; daughter, Opitchee Mushkooub of East Lake, MN; 3 brothers; 5 sisters; 15 grandchildren; and 4 great-grandchildren.

Partners for Prevention: Helping Kids Make Healthy Choices

Brett Larson Staff Writer

Travelers on Hwy. 169 might have noticed two billboards — one south of Garrison and one in the Vineland area — with a message to parents: “Parents! Talk to us about not using alcohol.”

The billboards are the work of Mille Lacs Area Partners for Prevention, a coalition of concerned citizens from Nay Ah Shing, Onamia, and Isle who want to make a difference in their community by encouraging young people to avoid alcohol and other drugs.

MAPP was founded in December 2011 through a grant awarded to Rum River Health Services of Princeton. When that organization dissolved, the project was picked up by Onamia Schools.

The coalition currently has membership from all three school districts, Mille Lacs Health System, Mille Lacs County, and the Mille Lacs Band. Law enforcement, parents, business and community members are also represented.

Band employees Amanda Nickaboine and Byron Ninham were elected chair and co-chair of the coalition for 2015. Geri Pohlkamp, from Onamia School District, is secretary/treasurer.

Amanda said she has been involved with the coalition since the beginning in 2011, and she has been impressed with how invested everyone has been. “Most of the people involved have been here since the beginning,” Amanda said. “Throughout all the changes our coalition has seen, we have remained resilient and dedicated to the work.”

“MAPP plays an important part in prevention in our communities by starting a dialogue on prevention models, ideas, and recent statistics throughout the areas of service,” Byron said. “A potential pathway to change may just be starting a conversation with young people, adults, community members and correction of misperceptions from community members.”

The permanent staff of the grant includes Amber Kent, coordinator, and Jamie Root-Larsen, assistant coordinator and media specialist, whose offices are in the Rolf Olsen Center

in Onamia.

The group meets monthly and welcomes new members. They are currently looking to increase representation from parents, clergy and other sectors. The coalition meets the last Tuesday of every month from noon to 1 p.m. at the Rolf Olsen Center in Onamia.

Positive community norms

The group’s main focus is on changing misperceptions in the community about teen alcohol and drug use. The hope is that kids will be less likely to engage in those behaviors if they know the facts: that most kids in the community don’t drink and use drugs and would prefer not to use them, and they would support their friends in their decisions to avoid alcohol and drugs.

Coalition Chair Amanda Nickaboine said, “Our positive messaging with the billboards and posters is one of my favorite parts of our coalition. I think adolescents already know what negative consequences are for underage alcohol and drug use, but it is still not a deterrent from using. I think there has always been that thinking, when it comes to drinking, that ‘everyone’ is doing it and that it’s what the cool kids do. But through the positive messaging students come to find out that those beliefs are not true.”

This model, referred to as “Positive Community Norms Framework,” is the brainchild of Jeff Linkenbach of Montana Institute. Its effectiveness has been demonstrated in communities that have implemented the model to address all sorts of health and safety issues, from child abuse to traffic accidents.



Coalition Officers (L-R): Geri Pohlkamp, Amanda Nickaboine and Byron Ninham.

MAPP is funded by a grant from the Minnesota Department of Human Services Alcohol and Drug Abuse Division. MAPP is part of the second cohort of grant recipients. The first grants were awarded in 2006, and the communities implementing the program are seeing positive outcomes. “It’s a grant that has worked for other communities in the past and is continuing to work,” said MAPP coordinator Amber Kent.

Spirit and science

According to the mostofus.org website, “PCN fosters cultural transformation by addressing many different audiences throughout the community for the purpose of growing positive norms and thereby improving health and safety.”

Amber said the Montana Institute stresses a “spirit-science-action and return” cycle. “Create a positive spirit, look at the data, then do something.” The **Continued on page 5**

“return” refers to reflecting on what has been done, making adjustments, and starting again.

The Mille Lacs project began with a series of extensive surveys to determine patterns of alcohol and drug abuse in the area.

Students have taken annual surveys since the project began and will continue to do so for the five-year duration of the grant. The survey asks students about perceptions and their own substance use, and also how they perceive others’ use. The survey is designed to weed out inconsistent answers that would prove to be dishonest or exaggerated, which lends credibility to the results.

Another reason to trust the results of the surveys: they are in line with statewide and national trends.

Project staff also conducted 100 one-to-one or face-to-face interviews with teachers, parents, law enforcement, and business owners. Those interviews will be repeated after five years to get a sense of change in community perceptions. Amanda Nickaboine conducted several of the interviews with probation officers, and the information collected has proven to be very useful.

In addition to showing that students overestimate the amount their classmates drink, the surveys also showed other misperceptions. For example, law enforcement and parents both underestimate the other group’s interest in combatting underage drinking. Both groups — just like students — also overestimate the amount of underage drinking in the community.

The results of the surveys are used to fashion messages and promote activities that will help to prevent or delay the onset of alcohol use among teens.

The focus on delaying onset is based on science. If a student drinks at the age of 15 they are four times more likely to abuse alcohol or drugs as an adult. The longer you can delay it, the greater the chance they will never have a problem.

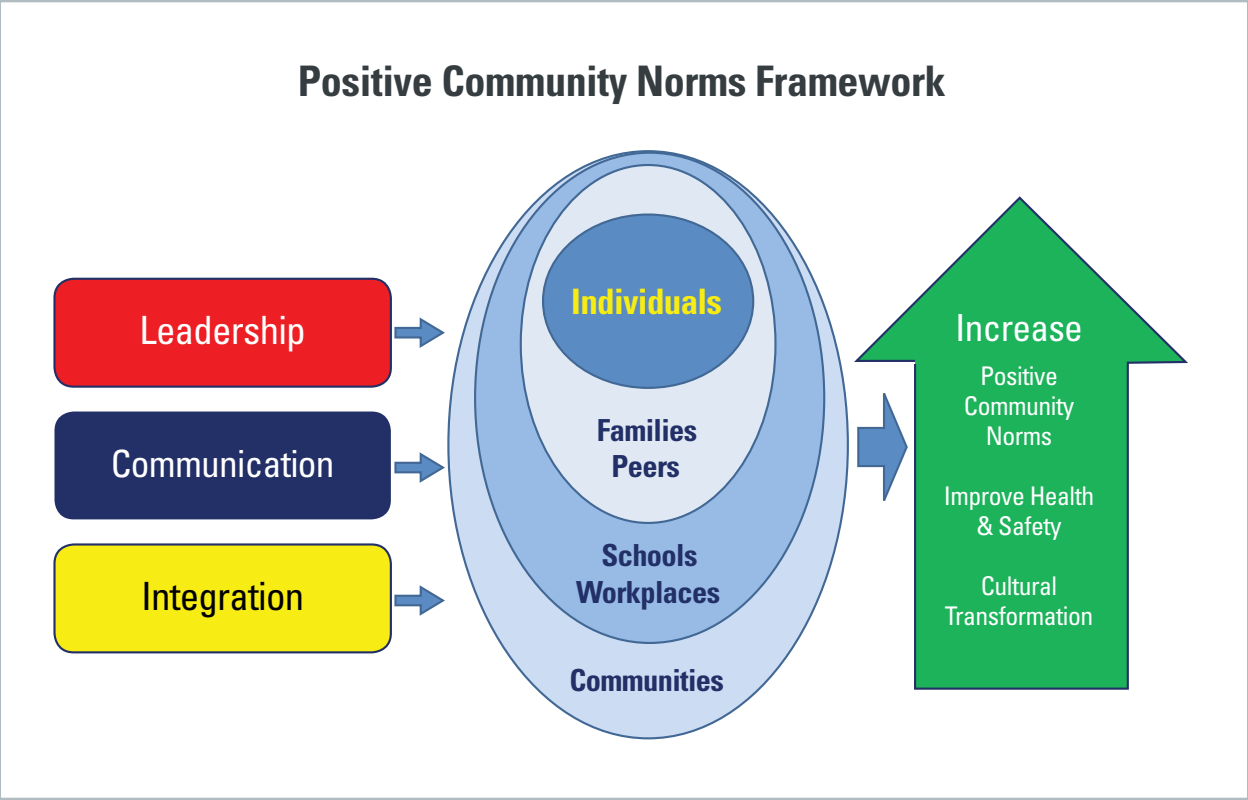
MAPP coordinator Amber Kent said, “The theory behind that is if we can change misperceptions we can change behavior.”

Hence the billboards, which are part of the group’s mission geared toward correcting misperceptions.

Action

Amanda said, “Right now is a great time to be involved in the coalition because we finally get to work on all the things that were imagined at the very start. It’s great to finally see the action beginning. We have committees formed that will focus on certain areas of importance to the coalition, and most members have picked a committee to be on.”

One of the group’s most significant accomplishments, according to Amber, is bringing the three communities together to create a single vision and mission to work toward the same goals for the youth around the region.



In addition to the billboards, the group has created posters to be used in the schools and has put together active youth groups in the Nay Ah Shing, Onamia, and Isle communities.

All messages need to be pilot tested before they can be used. The Montana Institute makes sure the messages are inclusive and inoffensive — in keeping with the focus on a “positive spirit.”

“The statements that do get printed on the billboards and posters are not made up,” Amanda said. “They come from the surveys taken by the students, and they are very well thought out and pilot tested before being printed.”

The coalition recently surveyed Mille Lacs Health System medical professionals to access their needs for addressing teen use. Past surveys have shown that healthcare professionals are the most trusted for information on drugs and alcohol, but they are also rarely spoken with on the topic. MAPP hopes to change that by bringing doctors and nurses into the conversation and supplying them with the materials they need to address the topic.

The Onamia, Isle, and Nay Ah Shing youth groups engage in many separate activities and do a few things together each year. The groups are student led but adult guided.

Mille Lacs Band youth coordinator Shawn Willis is leading the Isle group, and teachers Renee Athman and Gregg Rutter are leading the Nay Ah Shing group. Amber and Jamie Root-Larsen are currently leading the Onamia group until a permanent leader can be found.

One project youth have been participating in is called “Photovoice.” Youth go out in the community with cameras

to take pictures illustrating hopes and concerns and strengths and weaknesses. Future projects for the kids are based on finding ways to remedy the areas of concern and enhancing the strengths.

MAPP’s messaging hopes to help parents have conversations with their kids about drinking and drugs. Again, it’s based on science: Eighty-three percent of youth report that parents are the leading influence in their decision to not drink alcohol. (Source: The Foundation for Advancing Alcohol Responsibility, February 2012)

MAPP is also implementing the Project Northland curriculum in Onamia and Isle.

Next on the group’s agenda is a public forum to be held March 31 (see sidebar).

“There is still work to do, and the fun is just beginning,” Amanda said. “Come to our next meeting to see how you can be involved!”

Mille Lacs Area Partners for Prevention will hold a community meeting March 31 from 5:30 p.m. to 7 p.m. at the Rolf Olsen Center in Onamia.

Dinner, dessert and childcare will be provided.

For more information, contact Amber Kent at akent@onamia.k12.mn.us

MAPP welcomes all community members to the meeting and to the Alliance for Drug Free Youth.

Minnesota Department of Health Recommends Radon Testing

Kathy Beaulieu-Sanders RN, BSN, PHN, CLC

The Minnesota Department of Health (MDH) recommends that all homeowners in Minnesota test their home for radon, a radioactive gas that seeps up from the earth. Radon is colorless, has no odor and, when one breathes it in, gives off radioactive particles that have the ability to damage lung cells. Unfortunately, long term exposure to radon can lead to lung cancer; it is estimated that approximately 21,000 lung cancer deaths in the United States are due to radon. Radon is the number one cause of lung cancer in non-smokers and the second leading cause of lung cancer preceded only by tobacco smoking.

Radon is present everywhere. It comes from the soil as a byproduct of decaying uranium and radium, common chemical

elements found in Minnesota soil. Because it is a natural gas, radon can easily move through the soil, seating itself in the air we breathe. There are no known safe levels of radon but it is known that the greatest exposure risk is where radon can build up indoors and where one spends most of their time; for many of us this would be in our homes.

A person’s risk for developing lung cancer related to radon increases in higher levels of the gas and increased exposure. MDH therefore recommends that all housing units be tested regardless to how old or new your home is. Any home can have a high level of radon.

Radon can enter your home through two components: path-

ways and air pressure. Examples of pathways include cracks in concrete slabs, floor-wall joints, and pores and cracks in concrete blocks. Air pressure in many of our homes is negative, especially during the heating season. This means the air pressure in our homes is usually lower than the air and soil pressures surrounding the outside of our homes, causing a vacuum that pulls gases from the soil, such as radon, into our homes.

An excellent way to protect yourself and your family is to test your home. Radon tests are available at the Mille Lacs Band of Ojibwe Public Health Department free of charge. For more information or to receive a free radon test kit, please contact Kathy Beaulieu-Sanders at 320-532-7511.



Marge Anderson



Don Wedll



RIGHTS CELEBRATED AT TREATY DAY EVENTS

Brett Larson Staff Writer Mille Lacs Messenger Photographer

The Mille Lacs Band will recognize Treaty Day on Friday, March 20, with a Treaty Rights Celebration at Grand Casino Mille Lacs. The event, hosted by the Mille Lacs Department of Natural Resources, begins at noon with an invocation and includes lunch at 12:30 p.m., as well as vendor booths, arts and crafts booths, door prizes, and games for kids and adults.

Attendees will have a chance to win a ricing package, including rice knockers and a canoe, and a spring harvest package, including nets, buoys and a canoe.

The Band holiday marks the day in 1999 that the U.S. Supreme Court ruled that Band members retained rights to hunt, fish and gather in areas ceded to the U.S. in the Treaty of 1837.

The decision in Minnesota v. Mille Lacs Band of Chippewa Indians came nearly a decade after the Band first filed suit against the State of Minnesota for violating those rights. For decades, the state enforced conservation laws against Mille Lacs Band members who were exercising their rights.

In 1993, the Minnesota Legislature failed to act on a negotiated settlement that would have given the Band 36,000 pounds of walleye or 7 percent of the total harvest, plus \$10 million,

15,000 acres of state land, and other concessions.

The failure of the settlement sent the issue to the federal courts. In the meantime the U.S. joined the case on behalf of the Mille Lacs Band. Eight counties and five landowners intervened on the side of the state of Minnesota.

Federal courts ruled in favor of the Band in 1994. Six Wisconsin bands intervened on the side of the Mille Lacs Band in 1995, and in 1997, the U.S. Court of Appeals upheld the previous verdict.

The state appealed the decision to the U.S. Supreme Court, who heard arguments on December 2, 1998.

On Dec. 2, according to the Mille Lacs Messenger, a group of Band members gathered in front of the Supreme Court building for a drum ceremony that continued until 9 a.m., when observers filed into the courtroom.

Afterwards, representatives of the counties and the landowners used the terms "guardedly optimistic," since the justices' questions had seemed more aggressive toward the attorneys of the Bands and the U.S. Frank Courteau, who weeks earlier had been elected Mille Lacs County Commissioner, said, "I think they'll reverse it." Howard Hanson, another leader in the anti-treaty

ARTICLE 5. The privilege of hunting, fishing, and gathering the wild rice, upon the lands, the rivers and the lakes included in the territory ceded, is guarantied to the Indians, during the pleasure of the President of the United States.

movement, said, “We’re right, and right will prevail.”

Mille Lacs Band Chief Executive Marge Anderson was also positive. She said, “I think justice will prevail. Justice under the law... I’m still very optimistic.”

Marge’s wish came true on March 24, 1999, when the decision came down that the Bands had won, and the highest court had declared that the words of Article 5 of the Treaty of 1837 retained the status of law: “The privilege of hunting, fishing, and gathering the wild rice, upon the lands, the rivers and the lakes included in the territory ceded, is guarantied to the Indians, during the pleasure of the President of the United States.”

That last clause, “during the pleasure of the President,” was one of the key subjects of the court case, because President Zachary Taylor, in 1850, had attempted to rescind the rights. The Supreme Court, however, ruled that the executive order was invalid because Congress or the Constitution did not give the President the power to issue such an order.

When the news of the verdict came out, the Band held a news conference in District I. “Today, the United States has kept a promise,” Marge said, “a promise that agreements are meant to be honored, not broken.”

Mille Lacs Band Secretary/Treasurer Herb Weyaus said, “Today my sadness is gone. As a sovereign nation, we accept the responsibility that comes with the Supreme Court’s decision. We have preserved these resources for centuries because they are central to our culture, and we are ready to work with our Band members and our neighbors to protect the natural environment.”

Some non-Indian neighbors agreed to make the best of the situation and move on. Resort owner Terry McQuoid said, “We’re looking forward to getting back to business as usual.” Tourism Council director Judy Cain said, “We must put the past in the past. It’s now over. We’re going to move on. The band is willing and so are we.”

Messenger editor Jim Baden said, “It’s time to let it go. ... It’s time to move on so that the profound activities that really lay at the heart of life in Mille Lacs won’t become casualties of this war.”

Others were not so positive. Sen. Dan Stevens said, “It was like a punch in the stomach.” Rep. Sondra Erickson said she was “in mourning.” She said the system allowing tribal sovereignty was “almost like apartheid.”

The case resulted in co-management of hunting, fishing and gathering on ceded territories by the state and the tribes, which are represented by the Great Lakes Indian Fish and Wildlife Commission.

To this day, Band members harvest fish, game and wild rice under tribal regulations, and the tribes work with the state DNR to protect natural resources in the territories ceded in the Treaty of 1837.

Judy Cain



Terry McQuoid



Mark Slonim



Treaty of 1837: What Happened?

Don Wedll Former Commissioner of DNR

Originally published on Aug 30, 2006 in the Moccasin Telegraph and Mille Lacs Messenger

Today, seven years after the U.S. Supreme Court upheld the treaty and 169 years after it was signed, this agreement between the United States and the Ojibwe tribe is still valid.

A lot has been written about what happened after the treaty, especially the treaty’s impact in modern years. But little has been said about the events that led up to the treaty. Maybe if people knew more about what happened and why, they would see this area’s past — and its future — in a new light.

In the early 1800s, this area of Minnesota was still controlled by the British. After the War of 1812, it became part of territory possessed by the United States, and explorers like Zebulon Pike and Lewis Cass searched the upper Mississippi looking for the river’s source. Based on the explorers’ reports, American fur traders and land speculators saw opportunities to expand. White settlers then followed the traders and speculators, leaving the Eastern seaboard and pouring into the Middle West where they hoped to enhance their lives by having land to farm and timber to build their homes.

The Ojibwe people’s homelands, significant stretches of territory with dense forests, were tremendously appealing to non-Indian eyes. The allure of acres of trees and land was coupled with the settlers’ view of the Ojibwe as no-

madic people roaming aimlessly. This view was inaccurate — the Ojibwe moved deliberately with the seasons to the best places to pick berries or hunt game or fish or harvest wild rice — but it gave some settlers a sense of entitlement to the land and lumber because they felt they would use the natural resources better than the Indians.

Since the late 1700s, the United States had adopted the European method of using treaties to acquire Indian land, and from 1836 to 1854 the U.S. would seek and get much of northern Michigan, northern Wisconsin and northeastern Minnesota this way. The Treaty of 1837 was one of these treaties. Through it, the U.S. acquired a tract starting where the Crow Wing River enters the Mississippi River just south of present day Brainerd, then extending down the Mississippi to just north of St. Cloud, then east to the Wisconsin-Michigan border. This area encompassed about 12 million acres of land, lakes and rivers.

Interestingly, many of the Ojibwe leaders who signed the treaty were from lands that lay outside this ceded territory. A few of them hesitated to sign an agreement giving up the lands of others, knowing that this was going to start a major change in the Ojibwe’s lifestyle. But the majority agreed to the treaty terms: a series of payments of money, goods, farm tools and seed and tobacco, plus help establishing blacksmith shops. And, of course, the now-famous provision about retaining the rights to hunt, fish and gather wild rice.

The Indian leaders were also influenced by non-Indian fur traders who attended the treaty negotiations. According to the Treaty of 1837, the fur traders were to receive payments for the Ojibwe’s supposed debts to them, which motivated the traders to press for passage of the treaty.

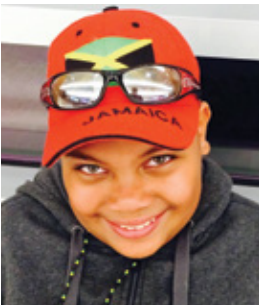
But more interesting for people in this area, the Mille Lacs Band’s lands were included in the 1837 ceded territory. This occurred because the maps used in 1837 did not accurately show how certain geographical points were located in relationship to other points. The maps showed the Crow Wing River entering the Mississippi River below Mille Lacs Lake, not on the north end of Mille Lacs Lake as it is correctly shown today. This error was corrected with later revisions of maps.

The error wasn’t presented to Mille Lacs Band leaders until they negotiated the Treaty of 1855, which created the Mille Lacs Reservation. They were surprised by the change in the maps. The change illustrates how hard it was for Indian leaders to make treaties in a language they did not read or write, forcing them to rely on the interpretation skills and honesty of others.

The Treaty of 1837 became one of many misunderstandings between the Mille Lacs Ojibwe government and other governments over land and treaty rights. But maybe the passage of time and the Band’s careful management of its treaty harvests — with some historical background for good measure — can end those misunderstandings.

Anti-Bullying Club Sends Positive Message

Toya Stewart Downey Staff Writer/Photographer



Blake Stewart Ford

In his physical education class last year Blake Stewart Ford witnessed something he didn't like: students in his sixth grade class were making fun of another student.

"I thought it wasn't fair that they were being mean to him for no reason," said Blake, a 12-year-old who attends Francis Granger Middle School in Aurora, IL. His mom, Tawnya Stewart, is a Band member and his grandmother was Sheila Sutton, whose parents were George and Marion (Smith) Sutton.

Witnessing the bullying incident, and having been bullied a bit himself in the past, Blake decided something needed to be done and decided to form ABC – the Anti-bullying Club – with one of his friends.

The boys approached their school's principal to ask her support. She immediately agreed and said such a club would be a great idea. The assistant principal joined the effort and the club, now approaching its first anniversary, came to fruition.

Blake, currently a seventh-grader, says he hopes the club can make a difference in the lives of his peers.

"The only rule we have is you can't be a bully," he said. "You don't have to be an official member because our club welcomes everyone."

The group initially began meeting weekly on Wednesdays, but now meets biweekly. On average about 10 students, boys and girls, attend the club meetings. They share inspirational quotes and stories with each other and talk about ways to prevent bullying at their school.

One of the first projects the club did was to begin working on a movie about different types of bullying behavior. The movie isn't complete yet, but Blake hopes that will happen soon.

This year the club took their project to the school by inviting all students to contribute anti-bullying messages to a giant paper tree in the middle of the building's hallway.

Each student was given a green leaf and was asked to write something on it to fill the branch of the tree with positive words and phrases. The response was overwhelming and participation was high.

"Teachers and students alike created messages and posted them," said assistant principal Tim Lowe. "It was pretty cool."

The tree is now completely covered with messages, he added.

Blake said the reason for the tree was "to raise more awareness about what we are doing and why," he said.

Another project the club has undertaken is to share positive messages by writing kind words on scraps of paper and then putting them in other students' lockers. The notes are anonymous, but are designed to spread joy to the receiver.

Blake said the members want to help students understand that they don't have to be bullied and they don't have to stand by while other students are bullied.

"We tell people to treat others the way they want to be treated," he said. "We also tell people that if they see someone being bullied they can report it to an adult anonymously so they don't feel like they will be threatened."

Some of the tips the Anti-bullying Club offers to students are:

- Tell an adult if someone is bothering you
- Don't let it continue
- Ignore the bully if you can
- Be nice to the person who is acting like a bully
- Try not to let it bother you, but always share your feelings with a parent or another trusted adult.

"Sometimes people don't even know that they are being bullies, so sometimes you need to talk to them and tell them why what they are saying or doing is bothering you."

If you suspect your child is being bullied, talk to the school leaders or other trusted adults. If you suspect your child is be-

ing a bully, talk to him or her. Seek outside counsel if necessary. Bullying is a problem that happens at schools nationwide and can affect students of all walks of life.

Nay Ah Shing Principal Noah Johnson said there have bullying incidents at the school, but he has seen a decline since the beginning of the school year. It's a trend he hopes will continue, he added.

Beginning next fall the Band-operated school will implement an anti-bullying program that was paid for through grant dollars. The staff has already been trained on how the program operates.

Nay Ah Shing also relies on its peacekeeper, talking circles and its staff to help prevent incidents of bullying, or as it looks for resolution to issues. An outside theater group presents plays that deal with topics such as bullying. This year the school staff created a suggestion box that allows students to share their ideas and concerns with the administrators. All of these are important steps to help prevent bullying and to make students feel safe as school, the principal said.

Blake's mom, Tawnya, said he now has a heightened sense of awareness about bullying and treating people fairly.

"Because this effort comes from his heart I'm not sure if he's totally aware of his impact on the school," she said. "I'm very proud of his accomplishment and credit him with turning his idea into a reality."



The club took their project to the school by inviting all of the students to contribute to anti-bullying messages to a giant paper tree in the middle of the building's hallway.

According to **StopBullying.gov** there is no single factor that puts a child at risk of being bullied, or bullying others. Bullying can happen anywhere and any time.

In general, children who are bullied have one or more of the following risk factors:

- Are perceived as different from their peers, such as being overweight or underweight, wearing glasses or different clothing, being new to a school, or being unable to afford what kids consider "cool"
- Are perceived as weak or unable to defend themselves
- Are depressed, anxious, or have low self esteem
- Are less popular than others and have few friends
- Do not get along well with others, are seen as annoying or provoking, or antagonize others for attention

It's worth noting that even if a child has these risk factors, it doesn't mean they will be bullied. Bullying can happen to anyone for any reason and it could be a single occurrence or could happen repeatedly.

There are two types of kids who are more likely to bully others:

- Some are well-connected to their peers, have social power, are overly concerned about their popularity, and like to dominate or be in charge of others.
- Others are more isolated from their peers and may be depressed or anxious, have low self esteem, be less involved in school, be easily pressured by peers, or not identify with the emotions or feelings of others.

Children who have these factors are also more likely to bully others:

- Are aggressive or easily frustrated
- Have less parental involvement or are having issues at home
- Think badly of others
- Have difficulty following rules
- View violence in a positive way
- Have friends who bully others

Remember, those who bully others do not need to be stronger or bigger than those they bully. The power imbalance can come from a number of sources — popularity, strength, cognitive ability — and children who bully may have more than one of these characteristics.

Planning Committee Focused on the Future

Brett Larson Staff Writer



The Mille Lacs Band’s Physical Planning Committee is in charge of planning a wide range of projects from housing to road construction, and from land purchases to new buildings.

Every month, a large group of Mille Lacs Band employees gathers around a big table and attempts to see into the future. No, this is not some weird séance or a reality show about clairvoyants. It’s the regular meeting of the Mille Lacs Band’s Physical Planning Committee.

The committee is what the name implies: the entity in charge of planning a wide range of projects for the Band, from housing to road construction, and from land purchases to new buildings.

The chair of the committee is Mike Moilanen, who has been with the Mille Lacs Band for more than 21 years. “Our overall task is to meet the growth needs of the Band and to anticipate future needs,” Mike said.

Mike has been chair of the committee since it was started under Lester Morris, the Band’s first Commissioner of Community Development. Back then, Bruce Gohmann was a “one-man project development team,” Mike said.

The committee was started as a way of sharing information among departments, and also for members to disseminate information about projects throughout the government.

“The goal was to have a representative from every Band department because they all have planning activities going on,” Mike said.

Now there are more players than ever. District administrators are at the table, and it’s not uncommon for elected officials or commissioners to attend meetings.

By working together, committee members are better able to anticipate road blocks and conflicts, as well as to see into the future.

During the early days of the Physical Planning Committee, they worked on the first Bugg Hill housing development. It was the first time the Band had taken on a project of that sort. “Back in the day, lots were developed individually. It was inefficient and expensive,” Mike said. “Lester really pushed us to get ahead of some of this stuff.”

Over the years the group has been involved in numerous housing and building projects, including clinics, community centers, the Wewinabi Early Childhood Education Center, and the District I powwow grounds. They are also involved in land purchases, giving input on recommended use of new lands and whether they should be put into trust.

Some of the committee’s projects are sent down from above, with elected officials and commissioners directing their actions. In other cases, staff members on the ground recognize needs or opportunities and bring ideas to the committee. The committee has no authority on its own, so any ideas it comes up with must eventually be approved by the Band Assembly and the Chief Executive.

- Currently the committee is hard at work on several ongoing projects:
- Phase three of the Zhingwaak housing development in Hinckley.
 - A new housing development on the Sher property west of Bugg Hill.
 - A new facility at the immersion grounds in Rutledge.

As the Band’s needs have changed over time, with new revenues and a growing population, it has become more essential than ever for the Band to look ahead and try to predict what those needs will be and how best to meet them.

Until someone comes up with a working crystal ball, the Physical Planning Committee will be doing their best to see into the future.

District I Community Development Schedule

Project	% Complete
Commercial — New	
#11009: Traditional Grounds Septic	95%
#11012: Pow Wow Arena (Construction)	99%
Commercial — Remodel	
#12065 Budget Host Remodel	10%
#12068: NIS Clinic Lobby/Reception	0%
Residential — New	
#13044: Bugg Hill Playgrounds	0%
#13045: 44885 Biboon Court Duplex w/o garages	0%
#13046: 47322 Lost Creek (Rental Poplar w/o garage)	95%
#13048: 16013 Nay Ah Shing Drive (Birchwood)	80%
#13051: 17193 Ogidaki Court, Demo & Replace (Sugar Maple)	0%
#13052: 17162 Wabashikiki Drive, Lot 38 Bugg Hill (Blue Spruce Elder)	55%
Residential — Remodel	
#14081: 39807 US Highway 169	95%
#14094: 17429 Noopiming Lane	0%
#14095: 38957 118th Street, Onamia	0%
#14096: 43422 Mosey Drive	0%
#14097: 45757 US Highway 169	0%
#14109: 45447 US Highway 169, Septic Replace	0%
#14110: 17277 Gabeshi Lane	0%
Infrastructure/ PublicWorks	
#15000: Sher Property Engineering	55%
#15001: Sher Property Development Construction	0%

District II Community Development Schedule

Project	% Complete
Commercial — New	
#21000: DII Pow Wow Arena Design	0%
Commercial — Remodel	
#22016: Galloway Old College Demolition	0%
Residential — New	
#23038: Quad on 75th Avenue, Wahkon	0%
#23039: 45908 30th Avenue, Isle (Butternut w/ garage)	99%
#23041: Round Lake Tract I Duplex Septic	99%
#23043: 20929 363rd Lane (Blue Spruce Elder)	0%
Residential — Remodel	
#24022: 21842 Goshawk	0%
#24030: 20453 465th Lane	98%
#24037: 19734 364th Lane	0%
#24038: 19668 364th Lane	65%
#24039: 19264 364th Lane	0%
#24040: 34889 200th Avenue Septic Replacement	15%
#24041: 34889 200th Avenue Elder Garage	0%

District III Community Development Schedule

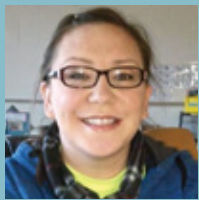
Project	% Complete
Commercial — New	
#31001: Rutledge Grounds Facility	0%
Commercial — Remodel	
#32012: Community Center Vestibule Entry	98%
#32017: Pine Grove Head Start — Re-roofing	95%
#32018: Community Center Flagpoles	50%
Residential — New	
#34079: 305 Fire Monument Road	0%
#34081: 30840 Water Lily Drive, Elder Rental Garage	0%
#34082: 30840/30874 Water Lily Drive, Septic	0%
#34083: 41067 Government Road, Garage Rehab	0%
#34086: 42 Minnesota Street	0%
#34087: 46118 Grace Lake Road, Septic Replace	0%
Infrastructure/ PublicWorks	
#35000: Zhingwaak Oodena Phase III Engineering	65%
#35002: Evergreen Drive, Extension Engineering	20%

All Districts/Misc. Projects

Project	% Complete
#50000: Community Center Generators	0%
#50002: HHS Exterior Concrete	30%

Gidinwewininaan

Baabiitaw Boyd Gaa-ozhibii'ang



This month's article is about using rules in the classroom to benefit children as opposed to taking timeouts.

Mii iniw inaakoniganan indabiwininaan waa-ini-dazhindamaan noongom.

1. Ombinikenin wii-kaagiigidoyan.
2. Mino-doodaw gakina awiia.
3. Ganawendan gininiin, gizidan, gidoon.
4. Doodan nitam wiindamaagooyan.
5. Doodan epiichi-gashkitooyan.

Mii go booch da-mikwendamowaad onow inaakoniganan da-minosemagak omaa endazhi-gikino'amaagoziwaad Ani-gikendaasowaad ingiw abinoojiinyag. Ani-mikwendamowaad wiiji'idiwaad nawaj da-onizhishing ani-nanda-gikendaasowaad. Giishpin dash mikwendanzig awiia bezhig onow inaakoniganan owii-mikwedami'igoon ogikino'amaagekweman gemaa owiiji'gikino'amaaganan. Ayaapi-go zanagad gikino'amaagoowaad egaashiinyij naa biinish go gaye weshki-maajitaajig.

Ishke dash gaye nimirwendaan aabajitooyaan mazinaakizonan da-bagikendamowaad iw endazhindamaan gikinoamaageyaan. Gaawiin apane memwech da-anwebid da-nanaamadabi'ind wiineta naanaagadawendang ezhiwebizid a'aw abinoojiinh mikwendanzig ow bezhig gemaa bizindanzig. Eta-go gidaa-mikwendami'aa weweni miinawaa gidaa-waawiindamawaa ge-izichigepan. Giishpin dash wiindamawad a'aw abinoojiinh izhi-gashkitoosig da-bimiwidood inaakoniganan. mii iw keyaa ge-inenindizod. Nawaj da- minwendam nanda-gikendaasod debweyenindizod gashkitood.

Circle of Health Outreach

Wednesday, March 4
1 p.m. – 4 p.m.
Aazhoomog Clinic

Wednesday, March 11
1 p.m. – 4 p.m.
East Lake Clinic

Wednesday, March 18
1 p.m. – 4 p.m.
Urban Office

Wednesday, March 25
1 p.m. – 4 p.m.
DII-A Isle Community Center

Interested in submitting to the *Inaajimowin*?

Send your submissions and birthday announcements to Andy McPartland at andy@redcircleagency.com or call 612-248-2051.

The April issue deadline is March 15.



DISTRICT 1

Early Education Awarded with 4-Star Parent Aware Rating

Tammy Wickstrom Director of Early Education

In January, the Mille Lacs Band Early Education department was awarded a 4-Star Parent Aware rating from Child Care Aware of Minnesota. This is the highest possible rating by Parent Aware, a rating tool designed to improve, support and celebrate the strengths of childcare and early learning programs.

The Minnesota Department of Human Services leads Parent Aware in coordination with the Minnesota Office of Early Learning. Child Care Aware of Minnesota is working in local communities to share the Ratings with parents and prepare childcare and early education programs.

This is the second time the program has received the highest rating. Participating programs earn from one star to four stars by demonstrating competencies in the areas of health and well-being, child assessment and family relationships. All Star-rated programs go above and beyond licensing requirements to support school readiness. By voluntarily becoming rated, a program shows it cares enough about early learning to use best practices and proven approaches.

Participating programs have:

- Volunteered for extra in-depth training.
- Use a scientifically based curriculum which is validated by Parent Aware.
- Shown evidence of strong, caring relationships with each child.
- Adopted the latest approaches to getting children's learning on track.
- Committed to daily activities that help children learn and grow.



At a recent Family Activity Night, Wewinabi brought in a Starlab portable planetarium, which projects constellations onto a dome. Betty Jane Schaaf, pictured, explained the Ojibwe legends about the stars.

- Placed high importance on children's health and safety.
- Been trained in current observation techniques and that training is used to aid staff in assessing children's needs.
- Demonstrated it is respectful of each child's unique background and encourages children to celebrate their individuality. Activities that teach about similarities and differences in realistic, positive ways help children learn to value and respect themselves and others.
- Programs communicate with parent on a routine basis and are partners in the child's education.

If you would like more information concerning Mille Lacs Early Education's Parent Aware four star rating, please contact Tammy Wickstrom or Mary Fletcher at Wewinabi Early Education Center: 320-532-7590. More information concerning Parent Aware and quality childcare can be found at parentawareratings.org.

Enrolled in 2014 Commercial Coverage Through MNsure? Form 1095-A Arriving in Mailboxes Soon

Now is the time when Minnesotans begin receiving important documents needed to file their tax returns. This year, Minnesotans who enrolled in a commercial health plan through MNsure in 2014 will get a new one, Form 1095-A.

"The Form 1095-A is a lot like the W-2 you get from your employer or any other tax-related document," said MNsure CEO Scott Leitz. "The 1095-A is needed to properly file your federal tax return if an advanced premium tax credit was applied to your coverage or you wish to claim a tax credit for 2014. You need the information on this form to file your federal income tax return."

Form 1095-A provides information about qualified health plan coverage received through MNsure and advanced premium tax credit information. The form is used to verify the advanced premium tax credit amount you received is accurate. Minnesotans who earned more or less than the amount entered when filling out their MNsure application

will have their tax credit amount reconciled when filing their federal return.

"If you enrolled in a commercial health insurance plan through MNsure at any point during 2014, you should watch your mail," said Leitz.

MNsure is sending postcards to all households that enrolled in a QHP in 2014, telling them the form is on the way and that they will need this information to file their federal taxes. Useful information is also available on MNsure.org by searching the keyword "1095-A". Minnesotans can should have received the Form 1095-A in early February.

Minnesotans eligible for Medical Assistance or MinnesotaCare can enroll for 2015 coverage year round. As of May 2014, 95 percent of Minnesotans have health coverage — the highest percentage in state history.



Pine Grove Proposed as NASS Satellite

Toya Stewart Downey Staff Writer **Bob Pearl** Photographer



Chief Executive Melanie Benjamin

If all goes according to plan come next fall the Band's Pine Grove Leadership Academy will open its doors again and become a satellite of the Nay Ah Shing School system.

First established in 2007 as a Band-operated charter school, Pine Grove served about 25 students in the Lake Lena community and provided quality educational opportunities that were grounded in the Anishinaabe culture.

Though it was a small student body at the kindergarten through 8th grade campus, the school was a welcome alternative for families who were looking for an educational setting that was close to their homes on the eastern edge of the reservation.

The school had to change its course in mid-2012 when Pine Grove's authorizing sponsor was unable to continue with the partnership due to budget cuts, which meant that Pine Grove

was no longer able to serve as a charter school. According to state law charter schools must have an authorizing sponsor in order to operate.

Currently, the Pine Grove campus, serves as a setting for some students who are homeschooled. If the proposal to make the school a satellite of Nay Ah Shing is successful then the enrollment is likely to increase substantially and will save some families from making the 77-mile trek to Nay Ah Shing campus in Onamia. The Bureau of Indian Education helps fund the Band-operated school.

Band leaders say in order to make the effort successful, "we have to make sure this is done well." They have also said that this could serve as a pilot project that could go nationwide and could benefit other tribal schools.

1st Annual WEWIN Conference

Please join us for the first conference of the Mille Lacs Band chapter of WEWIN: Women Empowering Women for Indian Nations. This event will focus on raising awareness about the opiates issue in our community.

— Friday, March 13 — Saturday, March 14

— Grand Casino Mille Lacs Convention Center

Friday's agenda includes dinner, bingo, and beauty services. On Saturday, we'll have several breakout sessions on healthy living practices, including Mothers of Tradition, Doctors from the clinics, and Elder and youth speakers. Saturday's keynote speaker will be Cecelia Fire Thunder.

Grand Prize drawing: full Jingle Dress outfit! Must be present to win.

Registration

Contact Shelly Diaz to save your space for the conference (email Shelly.Diaz@millelacsband.com or call 320-292-4234).



Early registration by March 10th will qualify you for an extra raffle ticket when you check in.

Check-in / same day registration:

— Friday, March 13: 4 p.m. — 6 p.m.

— Saturday, March 14: 7:30 a.m. — 9 a.m.

Limited seating, so please register early to reserve your spot.

Visit millelacsband.com for more information and conference agenda.

Niigaan Program Hosts 3-on-3 Basketball Tournament

Shawn Willis Chiminising Niigaan Coordinator



The winning boys' squad was Team Butterflies from Aazhoomog.

On January 24, the Niigaan Program hosted a 3-on-3 basketball tournament at the District III (Aazhoomog) Community Center. District III Niigaan Coordinator Robert Livingston Jr. served as the host for the event, which featured girls and boys aged 12 – 15. Players from all districts came together to prove their basketball skills. The tournament featured eight teams, comprised of roughly thirty players total.

Parents and friends came from near and far to watch the event. "It was really fun," said Karen McQuoid, a parent attending the games. "I loved the sense of community today. Instead of an intense win or lose mentality, there was a spirit of 'do your best and have fun.'" Percy Benjamin, Commissioner of Community Development, was also there to cheer on the teams.

The winning boys' squad was Team Butterflies from Aazhoomog, consisting of Reuben Gibbs-Staples, Dillon Kingbird, Erasmo Shabaish, and Josh Mitchell. Team Warriors, champions in the girls' division, were Hanna Benjamin, Gabby Jellum, Lilly Orazem, and Mary Schmitz.

"The whole atmosphere was friendly and inviting for the kids to do what they love to do — play basketball!" Darcie Big Bear said. "Great event!"

Are you an Elder or do you know an Elder who has a story to tell?

The *Ojibwe Inaajimowin* is looking for Elder stories for upcoming issues.

Send your name, contact information, and a brief description of the Elder you would like to feature to Andy McPartland at andy@redcircleagency.com or call 612-248-2051.

Mark Your Calendar for Upcoming Job Fairs

TERO Office

Mark your calendar for two upcoming job fairs, where job seekers can meet employers to talk about hiring opportunities and speak with representatives from educational institutions about training options.

If you're a job seeker, plan to come to the Lake Mille Lacs Area Job Fair 2015 on Tuesday, April 7 from 12:30 p.m. to 4:30 p.m. at the Holy Cross Center, 104 Crosier Drive, Onamia. If you wish to be an exhibitor, go to regonline.com/millelacs15 by Friday, March 20.

If you are a job seeker who can't attend the job fair on April 7, plan to participate in the East Central Minnesota Job Fair on Tuesday, April 21. The event will be held from 12:30 p.m. to 4:30 p.m. at the AFRC — Cambridge Community Center, 505 Spirit River Drive S., Cambridge, Minn. If you wish to be an exhibitor, complete the online registration at regonline.com/eastcentral15 by Friday, April 3.

More information is available about the East Central Job Fair at mn.gov/deed/events/ECMJF and about the Lake Mille Lacs Area Job Fair at mn.gov/deed/events/LMLA2015 or contact Debbie Rushmeyer at the WorkForce Center in St. Cloud, 320-308-2929.

Mille Lacs Band Treaty Rights Celebration

Friday, March 20
Grand Casino Mille Lacs
Events & Convention Center

Invocation at noon
Honor song by drum group Timber Trails
Lunch served at 12:30 p.m.

There will be vendor booths, arts & crafts booths, door prizes, and games for adults and kids.

Plus, enter for a chance to win a ricing package that includes rice knockers and a canoe or a spring harvest package that includes a net, buoys, and a canoe. *Must be present to win.*

Higher Education Outreach

Wednesday, March 11
8 a.m. — 4:30 p.m.
Chiminising Community Center

Wednesday, March 18
8 a.m. — 4:30 p.m.
Chiminising Community Center



Weweni A'aw Anishinaabe Daa-Asemaake Tips On How To Properly Offer Your Tobacco

Lee Staples Gaa-Anishinaabemod Obizaan
Chato Gonzalez Gaa-Anishinaabewibii'ang Ombishkebines

Mii dash omaa noongom ani-biindaakoojiged a'aw Anishinaabe waa-ni-dazhindamaan. Ishke a'aw Anishinaabe ishkweyang gaa-ayaad, gaawiin ogii-ni-aabaji'aasiin eta-go bizhishig inow asemaan ezhi-gikenimang noongom gii-ni-biindaakoojiged. Mii inow apaakoziganan gaa-aabaji'aajin. Mii dash imaa gaa-ondinaad inow mishkwaabiimizhiin. Mii inow gaa-kaakaaska'aajin inow mitigoonsan, mii dash imaa gii-paasang imaa gaa-onjikaamagadinig. Mii dash inow gaa-aabaji'aajin gii-ni-biindaakoojiged.

What I want to talk about this time is when *Anishinaabe* puts their tobacco down as an offering. The *Anishinaabe* way back did not only use tobacco, as we know it today in their offerings. They used a mixture known as *apaakozigan*. This came from the red willow sapling. They scraped the inner bark of the red willow and these scrapings were dried. It was these dried scrapings that were used in their offerings.

Ishke nigezikwendaan owapii gii-naazikaageyaan a'aw akiwenziyiban gii-niimi'idiiked ani-biindigeyaan niimi'idiwigamigong, mii i'iw gaa-piijimaandamaan gii-sagaswaadamawaad inow apaakoziganan imaa gimishoomisinaan odooowaaganan. Mii dash gaawiin aapiji a'aw Anishinaabe noongom odaabaji'aasiin inow apaakoziganan ani-biindaakoojiged. Maagizhaa gaye waa-wenipanizigwen ani-adaawed inow asemaan eni-aabaji'aajin dash noongom.

I remember going to the ceremonial dances that the old man who raised me put on and I recall the smell of the *apaakoziganan* that was smoked out of the ceremonial drum pipe. Nowadays *Anishinaabe* very seldom uses *apaakoziganan* in their offerings. The *Anishinaabe* probably just wants to make it easier for themselves by using the tobacco that can be purchased from the market.

Da-minochige a'aw Anishinaabe da-bi-azhegiwewidood i'iw akeyaa gaa-izhichiged gidinawemaaganinaan ishkweyang gaa-ayaad apane inow apaakoziganan gii-aabaji'aad biindaakoojiged. Gaawiin igo debinaak gidaa-doodawaasiwaanaanig ingiw Manidoog.

It would be great for the *Anishinaabe* to bring back the way that our relatives from the past had always done by using *apaakoziganan* in their offering at all times. We should not treat the *Manidoog* in a half-heartedly fashion.

Akawe imaa bagwaj gidaa-izhaamin da-naadiyang inow miskwaabiimizhiin da-gaakaaska'amang, mii dash imaa ge-ondinamang da-ni-dagonamang imaa asemaang weweni da-ni-biindaakoonindwaa ingiw Manidoog. Gaawiin i'iw akeyaa ge-ni-izhi-wenipaniziyang gidaa-nanda-waabandanziimin wenjida imaa ani-manidookeyang anishinaabewiyang.

We should first go out into the woods to gather the red willow saplings, scrape them and use the scrapings to mix in with the tobacco to properly give our offering to the *Manidoog*. We should not look for the easy way to do things especially when it comes to our ceremonies as *Anishinaabe*.

Eshkwaa igo ani-dazhindamaan aaningodinong debinaak wii-ni-doodawaad inow Manidoon aanind a'aw Anishinaabe mii gaye waa-ni-dazhindamaan. Ishke moozhag niwaabamaa a'aw Anishinaabe azhigwa wii-asaad inow odasemaan, mii imaa ani-adaawamaad awiya inow asemaan waa-asaajin. Ambe sanoo gego i'iw akeyaa izhichigekegon.

While I am on the subject of treating the *Manidoog* in a half-hearted fashion I also want to mention something else that came to mind. I often see *Anishinaabe* when it is time to put tobacco, they will borrow from someone the tobacco that they are going to put. Please do not do that.

Gaawiin ingiw Manidoog gimino-doodawaasiwaawaag izhichigeyeg i'iw akeyaa. Giizhaa gidaa-naanaawaa a'aw Asemaa waa-aabaji'eg. Gaawiin zanagasinoon da-izhichiged i'iw a'aw Anishinaabe. Dibishkoo-go a'aw Anishinaabe ani-adaawanged inow asemaan waa-asaad, mii imaa waabanda'iwed gaawiin a'aw odapiitendanzin i'iw ani-biindaakoojiged a'aw Anishinaabe.

You are not treating the *Manidoog* in a respectful manner by doing that. You should go and get your tobacco ahead of time that you are going to use in your offering. It is not difficult for *Anishinaabe* to do that. When *Anishinaabe* goes and borrows the tobacco he is going to use, it is as if he is showing how little appreciation he has for the offerings made by the *Anishinaabe*.

Booch igo da-ni-waabamigod inow Manidoon ezhichiged. Mii i'iw enendamaan niin, debinaak wii-toodawaad inow Manidoon, mii-go ge-wiinawaa aazhita debinaak da-ni-doodaagod.

I am sure the *Manidoog* see what the *Anishinaabe* is doing. I believe that when *Anishinaabe* treats the *Manidoog* with such little consideration, they too will in turn treat their *Anishinaabe* in the same fashion.

Booch apane a'aw Anishinaabe odoo-bimiwinaan inow odasemaan; mii a'aw epenimoyang. Ishke gegoo anizhiwebizid maagizhaa gaye inow odinawemaaganan, mii-go gaabige imaa da-asemaakepan bimiwinaad inow odasemaan. Ishke gaye nichiiwak megwaa bimi-ayaawaad ingiw Binesiwag, mii-go gaabige imaa da-biindaakoonaapan inow Binesiwan.

The *Anishinaabe* should always travel with his tobacco; our tobacco is what we rely on as a people to help us. See, if something happens to that person or his relatives he would be able to put his tobacco immediately if he always carried it with him. Also, if the Thunder-beings should bring on a storm, that *Anishinaabe* would be able to put his tobacco right away.

Ishke gaye niwii-ni-dazhindaan, wii-ayaawad awiya da-ganoodamook wii-asemaakeyan, Continued on page 13

gidaa-naazikawaa giizhaa a’aw akiwenzii maagizhaa gaye mindimooyenh weweni inow asemaan da-o-ininamawad. Maagizhaa gaye wii-wiiyawen’enkawad a’aw giniijaanisens, mii i’iw iwidi akawe asemaan da-ininamawad giizhaa waa-kanoodamook. Gego imaa mazinaabikiwebiniganing gidaa-maajiibii’amawaasiin maagizhaa gaye da-ganoonad imaa giigidowining da-nanaandomad a’aw gechi-aya’aawid da-bi-naadamook.

I also want to mention, if you are looking for a speaker to do a ceremony for you, you should approach that old man or old lady ahead of time and give him or her tobacco. For example if you want to give namesakes to your child, what you should do first is take your tobacco to that Elder who will speak for you. Do not send a text message on the computer or place a call over the phone to the Elder requesting their assistance.

Ishke gida-mino-doodawaa weweni-go da-ni-izhiwidamawad inow asemaan. Ishke dash i’iwapii ani-waabamad, mii imaa weweni da-ni-waawiindamook ge-izhichigeyan giizhaa da-ozhiitaayan wii-wiiyawen’enkawad a’aw giniijaanis. Wiin gaye oda-inaakonaan apii ge-okwii’iding da-giizhiikigaadeg waa-izhichigeng. Gaawiin giin gidaa-wiindanziin apii ge-wiiyawen’enkaageng.

You are being respectful by properly bringing your tobacco to the Elder. When you are there with that Elder, that is when he or she will explain to you what you need to do to prepare for the namesake ceremony for your child. He or she will also be the one who decides the date, time, and place of the ceremony. You should not go ahead and set all that up on your own.

Aaniin igo akeyaa a’aw Anishinaabe ezhi-misawendang da-naadamawind wii-ni-biindaakoojiged. Weweni odaa-o-naazikawaan da-o-asemaakawaad inow waa-anoonaajin da-ganoodamaagod. Mii i’iw apane a’aw Anishinaabe ishkweyaang gaa-izhichiged imaa waabanda’iwed ezhi-apiitendang gaa-izhi-miinigoowiziyang anishinaabewiyang. Gii-wawiingezi a’aw Anishinaabe ishkweyaang gaa-ayaad.

This also pertains to whatever kind of ceremony that *Anishinaabe* wants done. You should respectfully take the tobacco over to the one that you want to talk for you. This is what our ancestors had always done showing their appreciation for what we have been given as *Anishinaabe*. The Anishinaabe of the past were real thorough in their approach to our ceremonies.

Niwaabandaan debinaak wii-ni-izhichiged a’aw Anishinaabe noongom wenji-ozhibii’amaan o’ow. Ishke aanind giizhaa ezhi-inaakonigewaad owapii waa-tanakamigiziwaad wii-asemaakewaad, gaawiin akawe nimbi-wiindamaagosiig apii waa-okwii’idiwaad. Ishke gaye aaningodinong ani-dagoshinaan waa-tanakamigiziwaad, niwaabandaan gaawiin weweni gii-ozhitaasiiwag. Maagizhaa gaye gaawiin gii-poodawesiwig agwajing, gemaa gaye gaawiin ojiibaakwaaniwaan imaa atemagasini, maagizhaa gaye wawaaj igo inow asemaan odayaawaasiwaawaan.

Nowadays I see Anishinaabe being careless, which is the reason I am writing this. Some will set the date, time, and place for the ceremony they want to do without contacting me beforehand. There are times that I will arrive at the place of the ceremony and see that they are not prepared. Maybe the fire has not been made outside, or possibly they have not cooked the food that will be used in the ceremony, or they may not even have tobacco on hand that they are going to use.

Gaawiin i’iw daa-izhiwebasinoon bi-naazikawiwaad giizhaa dabwaa-danakamigiziwaad. Mii iko imaa weweni ani-waawiindamawagwaa ge-izhichigewaad da-ozhiitaawaad.

This would not happen if they had brought me tobacco ahead of time before the ceremony itself. At the time they bring me tobacco is when I tell them what needs to be done to prepare ahead of time.



Band Member Hired as Licensing Manager



Wendy Merrill

Wendy Merrill was recently hired as Mille Lacs Licensing Manager for the Gaming Regulatory Authority.

“Mille Lacs Licensing Department is looking for ways to help Band Members and Non-Band Members as much as we are able,” Wendy said. “In the past, there were few options

for people with imperfect histories and applicants may have been declined. We run background checks on future associates of Grand Casino Mille Lacs and we make the determination of the different class licenses, depending on their background history. If they qualify, we will license them to work at the casino.”

Before moving into her current position in September, Wendy worked for Head Start as a Family Service Worker for two years. “I am still actively involved in Head Start,” Wendy said. “I am currently going on my third year being on the Parent Policy Council. I also have history with the Gaming Authority; I worked as a Surveillance Administrator/Purchasing Assistant for four years.”

Last May, Wendy received her Bachelor’s degree in Organizational Behavior with a minor in Psychology from the College of St. Scholastica. She received her Associates degree from Central Lakes College in 2012.

“I would eventually like to go for my Master’s degree as soon as I find the time,” she said. “I am very proud of my school accomplishments; I’m the first one out of my immediate family to finish college.”

Wendy, a Mille Lacs Band Member, was born in Minneapolis but raised in District I. Her mother is Melanie Sam and her stepdad is Jeffrey Sam. She now resides in Isle with her husband Carlos Merrill and her three children. Wendy said, “With my husband’s help and support, we are also raising two of our nieces and nephew.”

“I’m here to look for ways to work with future applicants or find solutions based on their previous criminal history if necessary. My contact information is located on the Mille Lacs Band website, under Gaming Regulatory Authority.”

Cultural Awareness is Prevention

Elder Abuse Awareness Conference



Tuesday, March 17

Grand Casino Mille Lacs
Convention Center
777 Grand Avenue
Onamia, MN

THIS IS A MILLE LACS BAND ELDER EVENT

Pre-registration is encouraged

Registration forms are available at:

- All MLB Districts Community Centers
- Assisted Living Units & Urban Office

Contact Doreen Mitchell at 320-532-7532 or
Karen Boyd at 320-532-7802.

All registrations received after March 6, 2015 will be considered on-site registration.

On-site registration will open March 16, 2015 at Grand Casino Mille Lacs Convention Center foyer from at 7:30 p.m. –9:30 p.m.

Presented by the Chief’s Office with Health & Human Services

Ain Dah Yung Center’s 17th Annual Cherish the Children Traditional Pow Wow

Saturday, March 14 – Sunday, March 15

Central High School (275 Lexington Avenue, St. Paul, MN 55104)

Doors Open: 11 a.m. and **Registration:** 11 a.m.

Grand Entries:

Saturday: 1 p.m. & 7 p.m., Feast: 5 p.m., and Sunday: 1 p.m.

First 10 registered drums with a minimum of 5 singers will receive an honorarium. There will be 50/50 Drawings and fabulous door prizes!

Join our “Family in Need” Drive in Honor of Roy Roberts — donate a household/family item.

Contests and specials include: Madison Frantum outgoing Princess Girl’s/Women’s Traditional (6 years and up), Men’s Traditional 18+ Special, Trina Fasthorse Head Woman, 2 Man Hand Drum Contest, and Junior Hand Drum Contest.

4th Annual Ain Dah Yung Center Ambassador Contest: contact **holly.henning@adycenter.org**

\$5 Entry fee for ages 7+. Free entry for Elders and Veterans. Free entry per person with our Roy Roberts “Family in Need” Drive.

TRIBAL NOTEBOARD

Happy March
Birthday to Mille Lacs
Band Elders!

Ramona Anne Applegate
Debra Rose Barge
Nancy Mae Bearheart
Cynthia Eileen Beaulieu
Marie Ann Bengtson
Larry Benjamin
Laurie Marie Benjamin
Randy Elmer Benjamin
Robert Patrick Benjamin
Patricia Lorayne Christofferson
Curtis Anthony Cody
Francis Charles Colton
Dean Russell Davis
Laureen Gay Davis
James Joseph Dorr
Robert Allen Dorr
Bonnie Elaine Dumler
Robina Lou Eagle
Mary Flores
Terry Duane Frye
Cheryl Darlene Garbow
Virginia Ann Goodman
Donald Anson Graves
Marie Jane Gudim
Kathleen June Hill
Leslie Roger Karsjens
Sandra Arlene Kegg
Jeffrey Jay Keller
Barbara Jane LaBlanc
Lorelei Lee LaFave
Mert Elaine Liebgott
Anita Ann Misquadace
Wanda Kay Misquadace
Pauline Moose
Wanda Roxane Navarro
Lester Lee Nelson
Victoria Marie Nichols
Marie Esther Paschke
Marlene Ruth Poukka
George Wilbur Premo

Douglas Sam
Fred L. Sam
Kathryn Mary Sam
Francis Dean Schaaf
Susanna Lee Schaaf
Thomas William Schleeve
Roy Alden Shabaiash
Russell Shabaiash
Edward Skinaway Jr.
Merle Lee Skinaway Jr.
David Smith Jr.
Terrance Lee Smith
Gloria Ann Starkey
Sami Thomas
Robert Tibbetts Jr.
Carol Ann Towle
Marlene Wakanabo
Bernard Leroy Weyaus
Barbara Marie White

Happy March
Birthdays:

Happy birthday **Howard** on 3/1 from Cass and Travis. • Happy 6th birthday **Jayden and Jordan Sayers** on 3/3 from auntie Barb and cousin Bunny. • Happy 6th birthday to the **Sayers Twindians, Jayden and Jordan** on 3/3 from D2A with love from Grandma Sami, Dad, Auntie Chilah and all your friends/family. • Happy birthday **Carrie Moose** on 3/4 with love from Howard, Renae, Zachary, Jerry, Kira, Clarista, Bentley, and family. • Happy birthday **George Premo** on 3/7 from Cousin Deb and family. • Happy 6th birthday **Rileh Shomin** on 3/8 from Dad. Love you from all of us on Henry Davis. • Happy 14th birthday **Donny** on 3/10 with love from Auntie

Mare and your cousins Selena, Dante, Maysun, Shawsha, Soul, and Daymon. • Happy birthday in memory of **Dylan Benjamin** on 3/12. Rest in peace from sister Gloria and the Shabaiash family. • Happy birthday **Sammy** on 3/12 from sister Barb and nephew Bunny. • Happy 25th birthday **Renae Marie** on 3/12 with love from Mom, Pops, Zachary, Jerry, Kira, Clarista, Bentley, and family. • Happy birthday **Nae Nae** on 3/12 love the Harrington family. • Happy birthday **Carla** on 3/12 from Cass, Crystal, Leighnah, Kayla, and Caryn. • Happy birthday **Terry Smith** on 3/12, love Tam, Brandon, Chantel, Ahrianna, Jazmin, Brandi, Elias, TANK, Alizaya, and Rico. • Happy birthday **Keith** on 3/13 from Cass and Travis. • Happy birthday **Kelly Jo Sam** on 3/14 from cousin Barb and cousin Bunny. • Happy birthday **Ray** on 3/14 with love from Toni, Lucy, and David. • Happy birthday **Delbert Sr.** on 3/17 from Gloria and Dee Jay. • Happy birthday **Jayla** on 3/18, love Dad, Lileah, Papa Brad, Granny Kim, Papa Kyle, Val, Pie, Kevin, Brad, Melissa, Brae, Payton, Eric, Wesley, Bryn, Bianca, Randi, Jay, Taylor, Adam, Rachel, and Waylon. • Happy birthday **Bruce** on 3/19, love Jayla, Lileah, Dad, Mom, Kyle, Val, Pie, Kev, Brad, Melissa, Brae, Payton, Eric, Wesley, Bryn, Bianca, Randi, Jay, Taylor, Adam, Rachel, and Waylon. •

Happy birthday **John Regguinti** on 3/22 from your wife and family. • Happy birthday **Gushy** on 3/22, love Tam, Brandon, Chantel, Ahrianna, Jazmin, Brandi, Elias, TANK, Alizaya, and Rico. • Happy birthday **Tawnya Stewart** on 3/24! Love you lots! From Toya, Dallas, Dawne, Brittany, Jessica, and Blake. • Happy birthday **Owen** on 3/27 from Barbara Jo and Bunny. • Happy birthday **Mom** on 3/28 from your loves Selena, Dante, Maysun, Shawsha, Soul, and your Lovebugg Daymon. • Happy birthday **Marissa Robertson** on 3/28 from Mary and the kids. • Happy birthday **Roy Shabaiash Sr.** on 3/29. We love you, Dad! From Gloria, Roy Jr., Delphine, John, Marco, and Daphne. • Happy birthday **Desi Smith** on 3/29, love Auntie Tam, Brandon, Chantel, Ahrianna, Jazmin, Brandi, Elias, TANK, Alizaya, and Rico. • Even though its going on 7 months since you left, it still feels like yesterday. If only we could have just one more chance to see you, hear your voice, or even just to hug you and say we love you would make the pain in our hearts a little less hurtful. You will forever be our big sister, a wife, mother, grandma, auntie and so much more. We love and miss you, and we want to say Happy Birthday **Beverly Garbow** 3/30! Roger, Juni, Jillian, Roy, and Lillian. Big John. Gushy — June & Family. Ron — Gladys & Family. Terry

— Lorna & Family. Vicki — Don & Family. Deb — Dave & Family. Tammy & Family. Darryl & Family. Rodney & Family. Lynda & Family. Gloria & Family. Marvin & Andy. • Happy birthday **Sharon Sam (Sissy Poo)** on 3/31 from auntie Barb and cousin Bunny.

Happy Belated
Birthdays:

Happy belated 3rd birthday **baby J (Jasyn Morrison)** on 2/11, love Mom & Dad and the Boyds: Gram Nae, Grampa Jer and Uncle Damz! • Happy belated birthday **Jazmine Regguinti** on 2/15 from Grandma and Grandpa.

Other Annoucements:

Happy anniversary on March 7 to **Nancy and Jeff** from Deb and family.

Submit Birthday
Announcements

Send name, birthday and a brief message that is **20 WORDS OR LESS** to Andy McPartland at andy@redcircleagency.com or **call 612-248-2051**. *The deadline for the April issue is March 15.*

Mille Lacs Indian Museum March Events

Kids’ Crafts: Story Book Time and Cornhusk Dolls

Saturday, March 7 from noon – 3 p.m.

Fee: \$6 per kit (museum admission not included)

Enjoy stories and light snacks from noon to 1 p.m., then from 1 p.m. to 3 p.m. children can learn how to make a cornhusk doll to take home. Cornhusk dolls were traditionally made during the fall out of the outer covering of an ear of corn. Materials and an instructional handout are included. Please allow an hour to make the craft. This project is recommended for children ages 10 and up.

Maple Sap, Sugar, and Syrup Demonstration

Saturday, March 21 from noon – 3 p.m.

Fee: \$8 adults, \$7 seniors and college students, \$6 children ages 6–17; free for children age 5 and under and MNHS members

Reservations: recommended, call 320-532-3632

Join museum staff for a demonstration about traditional and contemporary methods for harvest-

ing and processing maple sap. Guests will observe the process of gathering maple sap and boiling it into syrup and sugar. Samples of maple sugar will be available. Children under 18 must be accompanied by an adult. In the event of bad weather, this event will be rescheduled to March 28.

Sweetgrass Basket Workshop

Saturday, March 28 from noon – 4 p.m. and Sunday, March 29 from 10 a.m. – 2 p.m.

Fee: \$60/\$55 for MNHS members; additional supply fee of \$15 applies

Reservations: required three days prior to workshop, call 320-532-3632

Learn the art of making a coil sweetgrass basket in this two-day workshop. Sweetgrass is a fragrant sacred herb used in ceremonies and artwork by the Ojibwe. Refreshments and a light lunch will be provided on both days. A minimum of 5 participants is required. Children under age 18 must be accompanied by an adult. Registration is required 3 days prior to workshop. Discount hotel rooms are available at Grand Casino Mille Lacs on Saturday night for all workshop participants.

MARCH CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 Comm. Colsrud Visit 8 a.m. – 4 p.m. Urban Area Office Comm. Moose Visit 8 a.m. – 4 p.m. East Lake Community Center	5	6	7
8	9	10 Alzheimer's Community Meeting 4 p.m. – 6 p.m. ROC in Onamia See page 16	11 Comm. Colsrud Visit 8 a.m. – 4 p.m. Urban Area Office Comm. Moose Visit 8 a.m. – 4 p.m. Aazhoomog Community Center District I Community Meeting 5:30 p.m. District I Community Center	12 APB Meeting 10 a.m. – 12 p.m. East Lake Community Center	13	14 Cherish the Children Powwow 11 a.m. Central High School See page 13
15 Cherish the Children Powwow 11 a.m. Central High School See page 13	16	17 Elder Abuse Awareness Convention Grand Casino Mille Lacs Events & Convention Center See page 13	18 Comm. Colsrud Visit 8 a.m. – 4 p.m. Urban Area Office Comm. Moose Visit 8 a.m. – 4 p.m. East Lake Community Center District III Community Meeting 5:30 p.m. Grand Casino Hinckley Chiminising Bingo 6 p.m. Chiminising Community Center	19	20 Band Office Closed Starting at noon Treaty Day Celebration 12 p.m. – 5 p.m. Grand Casino Mille Lacs Events & Convention Center	21
22	23 District II Sobriety Feast 5:30 p.m. East Lake Community Center	24	25 Comm. Colsrud Visit 8 a.m. – 4 p.m. Urban Area Office Comm. Moose Visit 8 a.m. – 4 p.m. Aazhoomog Community Center District II-A Community Meeting 5:30 p.m. Chiminising Community Center	26 APB Meeting 10 a.m. – 12 p.m. DI Media Room District II Community Meeting 5:30 p.m. East Lake Community Center District II-A Sobriety Feast 5:30 p.m. Chiminising Community Center Urban Area Community Meeting 5:30 p.m. All Nations Indian Church	27	28
29	30	31 MAPP Meeting 5:30 p.m. – 7 p.m. ROC in Onamia See page 5			Want your event here? Email andy@redcircleagency.com or call 612-248-2051.	

Mille Lacs Band of Ojibwe Diabetes Education Merits ADA Recognition

MLB Diabetes Program

The Mille Lacs Band of Ojibwe Diabetes Self-Management Education Program has been awarded continued recognition from the American Diabetes Association (ADA), in addition to NEW Recognition to the Aazhoomog and East Lake Clinic. The program was originally recognized in October of 2004. This program offers high-quality education services to the community members it serves.

The ADA Education Recognition effort, begun in the fall of 1986, is a voluntary process which assures that approved education programs have met the National Standards for Diabetes Self-Management Education Programs. Programs that achieve Recognition status have a staff of knowledgeable health professionals who can provide state-of-the-art information about diabetes management for participants.

Self-management education is an essential component of diabetes treatment. One significance of compliance with the National Standards is the greater consistency in the quality and quantity of education offered to people with diabetes. The participant in an ADA-recognized program will be taught, as needed, self-care skills that will promote better management of his or her diabetes treatment plan. All approved education programs cover the following topics as needed: diabetes disease process; nutritional management; physical activity; medications; monitoring; preventing, detecting, and treating acute complications; preventing, detecting, and treating chronic complications through risk reduction; goal setting and problem solving; psychological adjustment; and preconception care, management during pregnancy, and gestational management.

Assuring high-quality education for patient self-care is one of the primary goals of the education recognition program. Through the support of the health care team and increased knowledge and awareness of diabetes, the patient can assume a major part of the responsibility for his/her diabetes management. Unnecessary hospital admissions and some of the acute and chronic complications of diabetes may be prevented through self-management education.

“The process gives professionals a national standard by which to measure the quality of the services they provide,” commented Kelsay Grams, Diabetes Program Coordinator. “And, of course, it helps consumers to identify these quality programs.”

For more information, contact the Diabetes Program at 320- 532-7790.

Alzheimer’s Disease Action Team to Hold Community Meeting

Sue Lyback Mille Lacs Health System



The “ReMembering Matters at Mille Lacs” Action Team is holding a community meeting in conjunction with ACT on Alzheimer’s® to reveal the findings of a recent community needs assessment regarding current local needs and resources for persons with Alzheimer’s and other dementias. Nearly fifty local leaders and community members have been interviewed for this assessment. The community meeting is open to all interested persons and will be held at the ROC in Onamia on March 10 from 4 p.m. – 6 p.m. with program and refreshments. Respite care can be available on site for persons with dementia so their caregivers can attend.

ACT on Alzheimer’s® is a volunteer driven, statewide collaboration preparing Minnesota for the impacts of Alzheimer’s disease and related dementias. Under one of its goals, ACT on Alzheimer’s is helping communities become dementia capable. A dementia capable community is informed, safe, respects individuals with dementia and their families and caregivers, and provides options that support the best quality of life.

A number of local leaders from Mille Lacs area community agencies as well as resource staff from Central Minnesota Council on Aging will be at the meeting. Everyone with an interest in better preparing the northern Mille Lacs County area for Alzheimer’s is invited to attend. More information about ACT on Alzheimer’s is available **ACTonALZ.org**.

For more information on the local March 10 meeting and/or to make arrangements for respite care on site for loved ones with dementia so caregivers can attend, contact local action team coordinator Sue Lyback at 320-532-2742 or email **slyback@mlhealth.org**.

Child Support Enforcement Update

Modification of orders or decrees

Child Support clients are entitled to a review of their child support case every thirty-three (33) months, or when there has been a substantial change in circumstances.

The terms of an existing support order may be modified or a new order may be made upon a showing that there has been a substantial change in circumstances from those prevailing when the existing order was entered and that one or more of the terms of the existing order are unreasonable and unfair under the new circumstances.

Any one or more of the following examples are sufficient to establish a substantial change in circumstances from those prevailing when the existing order was entered:

- Substantially increased or decreased gross income of an obligor or obligee;
- Substantially increased or decreased need of an obligor or obligee of the child or children that are subject to the proceedings;
- Receipt of assistance under the TANF program;
- A change in the cost of living for either party as measured by the Federal Bureau of Labor Statistics;
- A change in the availability of appropriate health care coverage or a substantial increase or decrease in health care coverage;
- The addition of work-related or education-related child care expenses of the obligee or a substantial increase or decrease in existing work-related or education-related child care expenses;
- The emancipation of a child.

More information on modifications of your child support can be found in Subchapter I of Chapter 12 (“Child Support”) in Title 8 of the Mille Lacs Band Statutes.

Child Support clients can contact their case manager with any questions or concerns.


Shannon Nayquonabe — District 1 Case Manager
320-532-7453

Tammy Smith — District II, II-A, III and Urban Case Manager
320-532-7752

The Child Support office will be closing at noon on March 20, 2015 for the Treaty Day celebration.

If you have any questions or concerns contact our office at 320-532-7755.

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Heating, Water, and Maintenance Problems?

During normal business hours: tenants in Band rentals and Elders living within the service area should call 800-709-6445, ext. 7433, for work orders. **After business hours:** tenants with maintenance emergencies should call 866-822-8538 and press 1, 2, or 3 for their respective district.

Free Hearing Evaluations

Evaluations take place on the second Friday of each month at Ne-la-Shing Clinic. Call 320-532-4163 to schedule an appointment. Walk-ins are welcome — we will do our best to serve you. Ask us about the \$1,000 in hearing aid benefits you can receive from the Circle of Health.

Hearmore Hearing has offices in Saint Paul and Osseo. To schedule an appointment Monday through Friday, call the Saint Paul office at 651-771-4019 or the Osseo office at 763-391-7433.

OJIBWE INAAJIMOWIN

THE
STORY
AS IT'S
TOLD

APRIL 2015 | VOLUME 17 | NUMBER 04



“PLEASE CHANGE THE LAW” BAND LEADING CHARGE FOR NEW LEGISLATION ON AUTOPSY OBJECTIONS

Winnie LaPrairie testifies before the House Public
Safety Committee on March 26 in St. Paul

PAGE 3

OPIATE
ABUSE
AWARENESS

STRAIGHT
TALK WITH JOE
NAYQUONABE

MILLE LACS
POLAR BEAR
PLUNGERS

SUGAR BUSH
SEASON: ONE
SWEET TRADITION

MESSAGE FROM THE CHIEF EXECUTIVE

MELANIE
BENJAMIN
CHIEF EXECUTIVE



Aniin! Sometimes, there is so much happening that it is hard to keep up, and March has definitely been one of those months. We co-hosted two amazing conferences for Band members this month. The first was the Band-wide opiate conference that I discussed in my State of the Band Address. We had initially estimated that about 45 people might attend this conference, so we were delighted when we had to create capacity for more than 200 attendees! Miigwech to our HHS staff and the Mille Lacs Chapter of Women Empowering Women for Indian Nations (WEWIN) for their work in planning this important conference, and miigwech to the Band Assembly for their generous sponsorship of this critical conference.

We also hosted an important conference on the topic of Elder Abuse. Like child abuse, Elder abuse is a very hard thing

and Autumn Martineau, whose tragic deaths just a few days apart made clear that a change in the law is needed to ensure that the religious rights are protected. Our Government Affairs team has been working non-stop on this issue and we will keep you updated as this matter progresses.

This has also been a busy period for the Minnesota Chippewa Tribe (MCT). Many Band members have strong feelings about the enrollment criteria we are required to follow under the MCT Constitution. Enrollment is a deeply personal issue for most families, especially when some family members are enrolled and others cannot be.

The Constitution requires a referendum vote among tribal members in order to change enrollment, so we have been working on finalizing language that will be brought to the

this issue, which has taken up a tremendous amount of my time and which I spoke to Band members about at our Treaty Day celebration.

Over the past several weeks, we achieved passage of resolutions from the Minnesota Chippewa Tribe, the Minnesota Indian Affairs Council (MIAC) and the Midwest Alliance of Sovereign Tribes (MAST) opposing the position of the Attorney General. We fully expect to gain support from our national organizations opposing modern-day attempts on the part of any state to disestablish any Indian reservation in the United States.

The day before the MIAC resolution was to be voted on, the Minnesota Indian Affairs Council staff began receiving phone calls from a few members of the public who said they would attend the meeting in Shakopee in opposition to this resolution. At the last minute, an effort to round up about a dozen Mille Lacs Band members to attend this meeting and out-number our opponents turned into a showing of more than 50 Band members! The meeting was uneventful and respectful, and the resolution passed without any opposition. I was so proud of our Mille Lacs Band members!

The Minnesota Indian Affairs Council states that:

- MIAC considers the Minnesota Attorney General's position regarding the purported disestablishment of the Mille Lacs Reservation as a direct threat to all Minnesota Indian Reservations.
- MIAC asserts that the State of Minnesota should be deferring to the United States Department of the Interior when delineating and mapping the Reservation boundaries of all federally recognized Minnesota Indian tribes.
- MIAC finds that the actions of Minnesota Attorney General's Office regarding the Mille Lacs Reservation threatens to impair relations between all the Indian tribes of Minnesota and the State of Minnesota.

I just want to say Miigwech to every Band member who took the time to attend this meeting, to support our right to exist as a Reservation. I know it was not a very exciting meeting, but that is because YOU were there.

Finally, on March 20 we celebrated Treaty Day, commemorating our 1998 Supreme Court victory affirming our 1837 Treaty Rights. A few weeks ago, when I was in Washington D.C. meeting with our congressional delegation about the existence of our reservation, we realized that it was 160 years ago that our Mille Lacs leaders were also in Washington D.C. signing the Treaty of 1855. For me, this realization made these meetings 160 years later feel profoundly moving, and very humbling. There are many, many Band members who work hard every day in quiet ways to improve our community, protect our rights and safeguard our future. It is my greatest privilege to represent the Mille Lacs Band and I am so proud of all our Band members. Miigwech to all of you!

Melanie Benjamin



Chief Executive Melanie Benjamin and her staff have started taking an Ojibwe language class twice a week. Staff is pictured during a class with their instructor, John Benjamin.

to talk about. It requires bravery and honesty for a community to confront something as painful as the hard truth that some of our Elders are being mistreated during a time in their lives when they should be taken care of. There are different forms of Elder abuse. It can be physical, sexual, emotional, financial or spiritual. It is imperative that as Band members, we all learn to watch for the signs of Elder abuse and know how to report it if we believe our Elders are being mistreated.

The Band has also been very busy with the Minnesota State Legislature in session. We have taken the leadership role in a coalition to get legislation passed creating a right for family members to have their voices heard if they have an objection to autopsy based on a spiritual or religious belief. This legislation has become known among many in the State Capitol as the "Aubid/Martineau" bill, in honor of Mushkooub Aubid

voters in a Special Election of the MCT, possibly during 2015. Our Constitution requires that the U.S. Secretary of the Interior approve that referendum vote. Currently, only MCT blood can be counted in establishing whether a person can be enrolled in the MCT. MCT Members will be asked to vote on whether all Anishinabe/Ojibway/Chippewa blood should be counted (non-MCT Bands) toward enrollment, and whether verified Canadian First Nation Anishinabe blood should be counted.

I have also been very busy on another critical matter. Recently, in a letter to the BIA, the Minnesota Attorney General took the position that the Mille Lacs Reservation no longer exists, and was disestablished by the Nelson Act of 1889. In this letter, Solicitor General Gilbert indicated the State's position that the only Chippewa reservations that legally exist today are White Earth and Red Lake. The Band is fighting

Band Leading Charge for New Legislation on Autopsy Objections

Andy McPartland Staff Writer/Photographer

Shortly after Winnie LaPrairie started her testimony, the committee of state lawmakers fell silent.

Seated in front of the Minnesota House Public Safety Committee in St Paul, Winnie described the heart-breaking days following her husband's death on February 7. Mushkooub Aubid, a Rice Lake Mille Lacs Band Elder, was killed as a result of a single-vehicle car crash and underlying heart condition.

Winnie and her family expected to be able to take Mushkooub's body home to East Lake on Sunday morning for preparations for his spiritual journey in Midewiwin way. Instead, at the direction of the medical examiner, police were called to forcibly remove and transport Mushkooub's body to the morgue at the UMD campus for an immediate autopsy — against the family's wishes.

Winnie and her family mourned outside the morgue's loading ramp in 15-degree weather from Sunday morning until the body was released at 9 am Monday morning.

Only after Mille Lacs Band lawyers negotiated with county attorneys did authorities finally release Mushkooub's body. Tadd Johnson, an attorney and professor at UMD, worked on the Band's behalf.

In a bizarre coincidence, only 24 hours after Mushkooub's body was released, the same medical examiner refused to abide by a second court order for release of the body of a Fond du Lac woman whose Midewiwin family was also opposed to autopsy.

When asked by Band officials if she would consider testifying before the House committee to share her story and help get legislation passed, Winnie didn't hesitate — even for a second.

"When Tadd told me that he had a court order, signed by a judge, ordering the immediate release of my husband's body, but I still could not take him home, I was heartbroken," Winnie testified.

Winnie explained that she couldn't understand how the medical examiner could ignore a court order — and still doesn't understand.

"It took 10 more hours and negotiations with two county attorneys before we could take my husband home," Winnie said.

"I know people here are sorry for my family. I listened to the other hearings," she continued. "But the fact is there is still a medical examiner operating in four counties in northern Minnesota who believes court orders do not apply to him. There are still county attorneys and sheriffs who think he might be right."

"People's religious rights might be protected here in the Twin Cities," she said. "But what about the rights of my family in northern Minnesota?"

"Who is protecting us and looking out for us?" Winnie asked. "Because that night, nobody with power was."

The Mille Lacs Band is leading the charge to change that.

There is legislation moving through the state Legislature that would allow for religious objections to autopsies, which

"I ask that you pass this legislation because Native people and communities of color need to know our rights are just as important as yours."

— Winnie LaPrairie



Winnie LaPrairie meets with House members after her testimony.

state law does not currently authorize.

In Mushkooub's case, a judge familiar with Ojibwe people granted a court order to release the body. The medical examiner claimed that court orders did not apply to him.

In hearings in the past few weeks, the Band's Government Affairs team has been working full-time to get this legislation passed.

The lobby team is led by Director of Government Affairs and Mille Lacs Band member Jamie Edwards, former MLBO Corporate Commissioner and state legislator Gail Kulick, longtime Band lobbyist Rich Ginsberg, and former state legislator Chris DeLaForest. Gail took the lead on drafting legislation in connection with Senator Tony Lourey (D-Kerrick) and Rep. Steve Green (R-Fosston).

Band lobbyists are confident that state law will be changed so that families with a religious objection to an autopsy can get their day in court. After the bill becomes law, the medical examiners will be obligated to recognize court orders releasing the bodies of loved ones to families under certain conditions.

If a family objects to an autopsy on the basis of sincerely held religious beliefs, the state can respond as to whether it believes there is a "compelling state interest" in conducting the autopsy. The list of instances when an autopsy may be required includes deaths related to: suspicion of a crime, a public health concern (such as infectious disease), electrocution, unexplained drowning, unexpected death of a child, and several other specific causes of death. You can go to the Band's website to read the bill in full: <http://bit.ly/1BJURwe>

"We're sending a message to the medical examiner community that they can't push people around and they have to respect people's beliefs," Tadd said after Winnie's powerful testimony.

"It didn't take the legislators very long to figure out that this

was an outrageous situation," he said.

In a previous hearing, when Hennepin County Chief Medical Examiner Dr. Andrew Baker was asked if he would ever ignore a court order, he replied, "I can't emphasize enough that what happened up north is appalling."

"I'm embarrassed for my profession because it never should have happened," he continued. "It just shouldn't."

The push for new legislation is gaining steam.

The legislation has received bipartisan support, including backing from the Joint Religious Legislative Coalition and Governor Mark Dayton.

The legislation is heading to the House and Senate floors for votes very soon. It was unanimously approved by the committee following Winnie's testimony on March 26.

"I was told that those who were thinking about speaking against this legislation didn't dare after Winnie's testimony," Chief Executive Melanie Benjamin said. "That could not have been an easy thing to do. I'm very proud of her."

"This is a First Amendment right in the U.S. Constitution: free exercise of religion," Tadd explained. "It's a good thing to fight for, but in this instance, it's so much more. This is a family who went through hell when they were most vulnerable. It was just wrong."

"This family has demonstrated a tremendous amount of courage in standing up for what they believe," Tadd said. "Winnie has been incredibly brave."

Winnie's testimony helped humanize the Band's cause. One lawmaker said it reminded them that laws are about people.

"I ask that you pass this legislation," Winnie testified. "Because Native people and communities of color need to know our rights are just as important as yours."

"Please change the law now. Everything that my family went through could happen tomorrow to someone else. Please don't let that happen," she pleaded.

"Please prove to us that we are not second class citizens," Winnie told lawmakers.

"Please change the law."

Opiate Abuse Awareness Takes Spotlight

Toya Stewart Downey Staff Writer **Chad Germann** Photographer

Last month a conference was held in District I to address one of the most pressing issues in the community – opiate abuse.

More than 200 people attended the “Fighting for Our Future: Preventing and Stopping Opiate Abuse” conference that was held at Grand Casino Mille Lacs Convention Center on March 13-14. It was sponsored and organized by the Chief Executive’s Office, Health and Human Services and with help from the Band’s chapter of Women Empowering Women for Indian Nations (WEWIN).

“Babies born addicted to opiates is the biggest threat to our future,” Chief Executive Melanie Benjamin said during her opening remarks. “Mille Lacs is one of the hardest hit tribes in the state.”

Opiates are a group of drugs that are used for fighting pain and can be both prescription painkillers and illegal drugs such as heroin. Based on recent health statistics across the state, 28 percent of babies born to Native Americans have neonatal abstinence syndrome (NAS) based on the drug use of the parent.

In other words, American Indian newborns are 8.7 times more likely than white babies to be born with NAS. Babies of other ethnic groups in Minnesota are less likely than white babies to be born with NAS.

“If our children are to survive and thrive,” said Melanie, “we must follow the adage that it does indeed take a village and, in our case, a Band, to raise our children.”

While the long-term effects of opiate addiction on babies are still being studied, the short term effects are widely known – and heartbreaking. The National Institutes of Health cite symptoms such as fever, irritability, seizures, sweating, trembling, vomiting, diarrhea, hyperactive reflexes, poor feeding, rapid breathing, sleep problems, slow weight gain, and high-pitched or excessive crying.

Drug use also increases the likelihood of birth defects,

premature birth, low birth weight, small head circumference, sudden infant death syndrome (SIDS) and problems with development and behavior.

According to the Band’s Behavioral Health Department, the statistics surrounding opiate use are troubling.

- Native Americans ages 12 and older are reported as having the highest drug-use rates of any ethnicity
- There’s been a 984% increase in opioid and heroin abuse among all groups from 1998-2011
- Since 2011, there’s been a 3,695% increase of opiate and heroin use among American Indians
- There were 38,329 drug overdose deaths in 2010 and of those, 16,000 deaths were due to opiates.

Dale Barry, a local physician who is an expert in opiate abuse, talked about why opiates are easy to become addicted to, what leads to addiction and what can help end it.

Cecilia Fire Thunder, the keynote speaker for the conference, told the attendees that it was important to follow the cultural teachings that were practiced by generations of Native people, that by following those cultural ways the community could find healing.

“Who we are and how we feel about ourselves is integral,” said Cecilia, a nurse and community health planner who was the first woman elected as the tribal leader of the Oglala Sioux.

Cecilia spoke of making mistakes and finding the power from within to get past them and move forward. She talked about making the decision to forgive someone and assured the



attendees that “only you can let it go. But, you never have to forgive anyone for hurting you because you are the only one who knows the pain.” She reminded attendees “our daughters are watching and learning from us.”

“A measurement of how well we are doing as an Indian Nation is how well we are taking care of our children,” Cecilia said.

Cecilia implored those in attendance to “do something to create a better community for the children, to pray harder for your tribal citizens, to celebrate being alive today and to die in peace, with no regrets.”

Other topics at the conference included healthy living, Mothers of Tradition, discussions with health care professionals, Elders and more.

Brett Larson contributed to this article.

Low Walleye Numbers Mean Smaller Tribal Harvest

Brett Larson Staff Writer

Ongoing concerns about the Mille Lacs walleye population mean this year’s tribal harvest will be limited to less than 12,000 pounds, down from 17,100 pounds last year.

The Minnesota DNR’s fall gillnet surveys — which are used to estimate the walleye population — showed improvement last year, but not enough to increase the allocation of walleyes for the state or the tribes. In fact, this year’s total harvest limit is down to 40,000 pounds from last year’s total of 60,000 pounds. Of the 40,000 pounds of walleye that can be harvested, state anglers will be allotted 28,600 pounds and tribal members 11,400.

Although final regulations have not been set, the bag limit for state anglers will probably remain at two. If anglers reach their quota, the DNR has said, anglers may be limited to catch-and-release fishing for walleyes.

Scientists believe that a number of factors may be contributing to the decline, including invasive species and climate change. They agree that tribal gillnetting is not a cause, because the problem is the survival of young fry into adulthood.

The DNR commissioned a “blue ribbon panel” of independent fisheries scientists from around the U.S. and Canada. They analyzed all the existing data and agreed with the Minnesota DNR that plenty of young walleyes are being born, but they are not making it through the first two years. Causes may include predation by northern pike and cormorants, and “cannibalism” by other walleyes, possibly due to improved water clarity or a shortage of tullibee.

One of the panel members, Paul Venturelli of the University

of Minnesota, said, “Our independent review of DNR management of Mille Lacs reached similar conclusions as the agency. Mainly, more walleye are not surviving their first three years of life. It is unlikely that recreational or sustenance harvest is a root cause of this problem.”

Resorters, guides, and anglers around Mille Lacs continue to point fingers at gillnetting as the sole or primary cause of the decline, ignoring the fact that walleyes have gone through “boom and bust” cycles forever — long before the U.S. Supreme Court ruled that Bands could fish under their own regulations by traditional methods like spearing and netting. They also ignore other possible causes, like invasive species and climate change.

Their eagerness to blame netting seems to stem from a desire to end the tribal harvest rather than a sincere desire to help the lake.

At the February meeting of the Mille Lacs Fishery Input Group, members voted almost unanimously in favor of a petition brought by anti-netting activist Joe Felleggy.

Felleggy asked the DNR to tabulate the results and then asked DNR fisheries chief Don Pereira to read them aloud. When Don declined, Rocky Reef resort owner John Odle said, “It would sound better coming out of your mouth, Don.” Pereira declined again, so Felleggy read the results himself, and said, “This is the official vote of the lake input group.”

The discussion spun out of control when Odle was quoted in the Star Tribune saying, “This is devastating. It’s going to affect the whole economy. There are businesses being lost every

year on this lake. Our livelihoods are in your hands.” Odle has been operating a successful resort on the lake for more than 15 years and has made many similar comments in the years since.

According to those in attendance, members also sarcastically questioned whether Bands are living up to their claim to be “stewards of the resource.”

Some members of the group proposed a “walleye replacement program” — basically “buying out” the Bands’ allocations by providing them with frozen walleye from other lakes.

Another member suggested a boycott of Grand Casinos.

Some members of the group — including owners of Twin Pines and Red Door resorts — took the DNR to court last year, claiming that the state agency was not doing its job under the Minnesota “right to hunt and fish” amendment. The state District Court and Court of Appeals ruled in favor of the DNR and against the resorters. Some of the most successful resorters on the lake, like Odle, have been among the most vocal in complaining that the tribal harvest is hurting business.

Decline of old-style “mom and pop” resorts is not unique to Mille Lacs, nor are slot limits or “boom and bust” walleye cycles. Traditional resorts around the state have gone out of business as the demands of tourists have changed.

Other groups in the area, like the Mille Lacs Area Tourism Council, are trying to deal with those changes by promoting a variety of activities in the region, like gaming, cultural tourism, wildlife watching, and fishing for smallmouth bass, muskies, and northerns.

Celebrating Treaty Day 2015

1837 Treaty Rights Honored at Annual Event

Andy McPartland Staff Writer **Kate Sutter** Photographer

The annual Treaty Rights Celebration was held on March 20 at Grand Casino Mille Lacs, hosted by the Band's Department of Natural Resources.

The Band holiday marks the day in 1999 that the U.S. Supreme Court ruled that Band members retained rights to hunt, fish and gather in areas ceded to the U.S. in the Treaty of 1837.

Drawing 500 attendees, the event featured informational booths, arts and crafts projects, door prizes, and games for kids and adults.

Vendors set up informational booths for attendees to learn about a wide variety of topics, from animal pelts to rock formations. Children were particularly thrilled to climb aboard a snow-

mobile used by the police department.

Visitors were excited to see the prize packages, including two trips: a ricing package that included rice knockers and a canoe, and a spring harvest package, which included nets, buoys and a canoe.

The yearly celebration aims to educate Band members and the greater community about the 1837 treaty rights.

Miigwech to everyone who helped put this wonderful event together!



Sugar Bush Season: One Sweet Tradition

Toya Stewart Downey Staff Writer **Mary Sam, Melissa Boyd, and Suzanne Wise** Photographers

As winter loses its grip and the air becomes warmer, it means spring is on the way. It is also a sign that the sap from the maple tree is ready to flow and its trunk is ready to be tapped.

For Mille Lacs Band members this tradition, known as sugar-bushing, goes back to the beginning of time and is still widely practiced year after year.

This year’s winter brought less snow and less cold, and signs of spring came early. Sugar bush season was a bit more unpredictable than usual, and families who were sugar-bushing needed to pay even closer attention to the weather.

Sugar-bushing usually begins in February or March, but it depends on the temperatures, said Mary Sam, who taps trees every year with her husband Dave near their home in Onamia.

“The temperatures need to go below freezing at night and then to no more than 50 degrees during the day,” said Mary. “If we don’t get more snow, this will affect how the sap runs.”

“More snow equals more sap,” she said in early February.

Five weeks later and with not much more snow accumulated on the ground, Mary and Dave hung their buckets to start collecting the maple sap.

Dave said the sap wasn’t running as strong as it had in previous years. The couple, along with their children and other

relatives, began boiling the sap soon after it was collected in their plastic buckets so it wouldn’t sour.

“This is one of my favorite times of the year...working hard, laughing with family and passing on our traditions to our children and grandchildren,” Dave added.

Near the Iskigamizige Powwow Grounds another couple, Melissa Boyd and Brad Harrington and their children, put their buckets out in mid-March to begin collecting sap for their family.

They use taps crafted from a sumac plant rather than the metal taps many people use, Melissa said.

For weeks Melissa’s children and Brad’s children went out at least twice daily to check the taps to see how the sap was accumulating. They too noticed, as others had, that it was flowing slowly.

“We’re trying to see what we can get, but it’s not moving too fast,” Melissa said. “It’s up to the trees and the weather.”

Nonetheless they will continue with their efforts because it’s rewarding, Melissa said.

It’s rewarding not just because they will have sugar and syrup all year long from their efforts, but because they are teaching their kids about the tradition and spending time together

as a family.

“It’s so lovely to show them our ways,” she said. “We’re excited they get to practice something we’ve done as a people and it’s exciting to see how eager they are to help.”

Like the Sam family, Melissa and Brad believe in the values of maintaining traditional practices and teaching their children about them.

While some children are taught at home how to sugar bush, others learn about it at the Band-operated schools, Nay Ah Shing and Wewinabi, said Education Commissioner Suzanne Wise.

“It’s really important for our kids to know who they are and what our culture is,” said Suzanne. “It’s important to their well-being.”

“It is a priority for our tribal schools to make sure we are teaching our culture and language,” she said. “We do that through the sugar bush in spring, ricing in the fall, collecting birch bark and sage in the summer, listening to storytelling in the winter and learning our Ojibwa language everyday.”

“Learning to sugar-bush is just one of the important lessons we can teach our students.”



Charlie Houle boiling sap.



Chuckie Weckert



Straight Talk with Joe Nayquonabe

Brett Larson Staff Writer/Photographer

Mille Lacs Band Elder Joe Nayquonabe understands addiction. He worked as a chemical dependency counselor for decades.

He also understands it from a personal perspective: He was a drinker and a three-pack-a-day smoker before he quit both cold turkey back in 1980.

Joe's impetus for quitting all those years ago was simple: He was getting a checkup with Dr. Bracken in Onamia, and Bracken used the word "diabetes." Joe's mind started spinning at that point, and he didn't hear the rest of what Dr. Bracken had to say. At the end of the doctor's speech, Joe said, "So when do I have to start the needles?"

Bracken was confused. He hadn't said anything about insulin shots. "That's up to you," Bracken said. "Do you smoke?" Joe said he did. "Do you drink?" Joe said he did. "Well, if you quit doing that, maybe you won't need any shots."

Eventually Joe, like many Native Americans, did develop diabetes, but he figures he got about 15 extra healthy years by quitting booze and cigarettes.

"Many of the guys I drank with are dead," he says. "If I would've kept drinking, I probably wouldn't have made it this far."

He points to statistics showing that over the course of 20 years, 70 percent of Indian deaths in Minnesota were due to alcohol and drug abuse. "If that were happening in society as a whole, it would be a state of emergency," he says.

'They know'

Joe doesn't think there's a lot of mystery to Band members' problems with addiction — most recently in the news because of the large number of opiate-addicted babies born to Mille Lacs Band members.

Chief Executive Melanie Benjamin made it a major part of her State of the Band address, calling it "the single greatest threat to the future of the Mille Lacs Band."

"People know the consequences of their actions," Joe says. "They know that our children are gifts from the creator — not gifts to you and me but to the community." He cites the adage "It takes a village" and says, "We were doing this way before Hillary. That's what communities do. They look out for the well being of each other."

One thing the Band doesn't need, he says, is another study. "I think we've been overstudied," he says with a grin. "We say our roads are bad, so they come and do a study and say 'You're right. The roads are bad.'"

People know, but they can't always find what it takes to quit. From Joe's point of view as a counselor, there's one thing that separates those who quit from those who don't: honesty.

Joe points to the fourth step in the Alcoholics Anonymous 12-step program: "Made a searching and fearless moral inventory of ourselves."

Those who fail to achieve sobriety are often those who fail to be honest. And what holds true with individuals also holds true at the community level, Joe says.

"We've all got character defects, but we need to face them. Our community needs to do that too." He says there's too much finger-pointing, blaming, gossip and jealousy on the reservation in general, and especially among addicts.

Joe believes that "historical trauma" — due to the centuries of abuse Indian people have suffered — plays a role in addiction and in the Mille Lacs Band's problems, but he also believes it can be used as a crutch. He's worked with people in treatment who blame their substance abuse problems on "the white man." Joe says, "I don't see the white man holding a gun to their heads."

Drinking and drug abuse are symptoms of something else — and what that is can only be found through honesty. "What comes with that honesty is a lot of pain," Joe says. Sometimes that pain is what stops people in recovery. "Some of these



Joe with his wife Rita, who has been a nurse for the Mille Lacs Band for many years.

guys, I would get close to what's going on, get within a hair, and all of a sudden they'd drop the wall on me, and I'd have to call it a day. Once I hit that wall, I knew I wasn't gonna get in there, not with a jackhammer or an atomic bomb."

Joe says some of his best sessions were when he said nothing. Once he listened for a long time as a group of men complained about bail bondsmen showing up on the day per capita checks came out. Finally Joe cut in: "I've been listening to you for two hours, and you make some good points, but how about if you all behave? Then they wouldn't have to come over here."

Joe says people need to stop asking for more and start looking for ways to help others. "It's the old John Kennedy thing: 'Ask not what your country can do for you.' I tell people in the community, instead of saying 'Can I get a hotel room?' or 'Can I get a food voucher?' we should be saying 'How can I help?'"

Joe heard about a girl who was having trouble getting to school on time, so he offered to pick her up every day. When he was asked why he did it, he said, "Because I'm an Indian man. It's my duty."

Joe also sees a need for compassion for those struggling with addiction, as well as their victims. "It's not just the babies, but the person who's taking it is also being affected, and the people in the community. They're having their houses broken into. They feel violated, vulnerable. There's other things that come along with that heroin."

He remembers a few years ago when some young men working with youth got in trouble for coming to an event drunk. Joe was at a meeting to determine what should be done about it. He said the feelings were very negative toward the men. "When they came to me, I said, 'They're wounded. What do we do with our wounded? Do we shoot them, or do we help them? They just displayed their wounds. We should treat them and give them a second chance. If I didn't get a second chance I wouldn't be here.'"

They didn't listen to Joe. The violators were fired.

Restoring sanity

Another thrust of the State of the Band address was "cultural sovereignty," a term symbolizing the importance of the culture to the health of the community and individual

Band members.

Joe agrees that culture and spirituality are also keys to stopping addiction. "I'm a big believer in mind/body/spirit," he says. To be healthy, you need to give attention to all three — but "spirituality" doesn't have to be a typical understanding of "God."

Band members sometimes give lip service to the importance of culture and language, but they don't follow through, Joe says. "If I left here back in the 1970s and I walked into that ceremonial building, I could tell you where people would be sitting today. And I don't think there would be any new people there."

He tells the story about another survey done with Band members, who said they wanted parenting classes. This was when Joe and Rita still had young children. They went to the class that was held in response to the survey, and they were the only ones there.

Joe sees the importance of spirituality in the second step in AA: "Came to believe that a Power greater than ourselves could restore us to sanity."

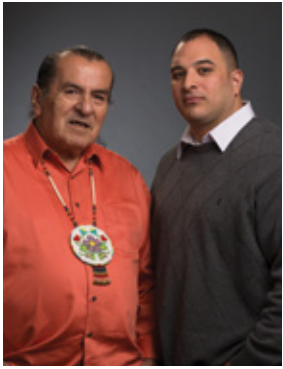
"Right now our reservation is insane," Joe says. "Look what we're doing to our children. Look at what were doing to our families. We're killing each other. In order to restore us to sanity, we need to get back to the culture — drums, Midewin. So many people here are unaware of the culture, and when you get them in treatment they say 'I have a problem with God in (the second step).' I tell them to put 'creator' in there, or 'manidoo,' or just cross that part out."

Some are resistant to attend ceremonies because they don't know the Ojibwe language, but Joe says that should not deter them. Even Joe, who didn't speak English until he started school, doesn't consider himself fluent in Ojibwemowin.

"I do see them wanting it, but there's some guilt or shame there. Sometimes they'd open up to me, 'Joe I don't go there because I don't know the language.' I tell them 'You need to go there, and things will start happening.'"

Take it from Joe. He's seen changes in others, and he's seen them in himself.

Joe says he'd be happy to talk about these issues, or what he said in the article, with anyone who is interested.



Daga Apiitenimaadaa Ingiw Abinoojiiyensag Let’s Have Respect For Our Babies

Lee Staples Gaa-Anishinaabemod Obizaan **Chato Gonzalez** Gaa-Anishinaabewibii’ang Ombishkebines

Mii dash waa-ni-dazhindamaan ingiw ikwewag megwaa gigishkawaawaad oniijaanisensiwaan ani-aabajitoowaad wenda-inigaa’igod miinawaa wenda-noomange-apaginigod a’aw Anishinaabe. Nebowa igo omaa ayaawag ezhichigegig aaniindi-go endanakiid a’aw Anishinaabe.

I want to talk about our women who during the course of their pregnancy are using drugs. There are a lot of women who are using drugs in our Anishinaabe communities while they are pregnant. **Ishke geget mashkawaamagad noongom aabajitood Anishinaabe gaawanaajikaagod. Awegonen igo a’aw ikwe eni-aabajitood, mii imaa ani-izhaamagadinig inow oniijaanisensan gegishkawaajin. Mii i’iw wemiskwiimid a’aw ikwe, mii imaa ezhijiwaninig biinjina inow abinoojiiyensan gegishkawaajin. Wawaaj igo zagaswaad a’aw ikwe, mii gaye imaa ge-onjikaamagadinig ani-maazhi-doodawaad inow oniijaanisensan bemiwinaajin imaa biinjina.**

A lot of the drugs that are being used nowadays are strong. Whatever drug a pregnant woman uses while pregnant goes straight into the bloodline of her child. The blood flow of the woman who is pregnant also flows into the child she is carrying. This is also the case when a woman smokes: the toxins from her smoking also have an adverse effect on the child she is carrying. **Ishke dashezhi-naniizaanichigeda’awikweani-aabajitoodi’iwmeshkawaamagadinig, mii imaa omiskwiiming ayaamagadinig, aazhita dash ani-biindigejiwaninig imaa oniijaanisensan bemiwinaajin. Ishke dash a’aw ikwe a’aw weweni eni-bimiwidood i’iw bimaadizid, mii iwapii weweni ani-giizhiginid oniijaanisensan bemiwinaajin. Mii dash wiin a’aw ikwe ani-aabajitood mayaanaadadinig, mii imaa wenjikaamagadinig inow oniijaanisensan weweni ani-giizhigisinig. Maagizhaa gaye gaawiin bimaadizisiwan inow abinoojiiyensan azhigwa ani-ayaawaad.**

What is dangerous about a pregnant woman using drugs is that the toxins of those drugs flow through her blood and then into the blood of the child she is carrying. For the pregnant woman who lives a healthy lifestyle, it is during that time that the child in her womb fully develops. However when a woman is using drugs it harms the child and prevents it from fully developing. Sometimes the baby is a stillborn at the time of birth.

Gishpin ani-dagoshimoonod omaa akiing a’aw anbinoojiiyens, booch igo gegoo ominezin, aaniish naa gaawiin weweni gii-kiizhigisiin, mii i’iw gaa-maazhi-doodaagod inow omaamaayan gaa-aabajitoonijin. Apegish dash ingiw ikwewag noongom eni-maazhi-doodawaajig inow oniijaanisensiwaan i’iw akeyaa waabamaawaad inow abinoojiinyan noongom eni-gagwaadigiziniin onji inow omaamaayiwaan gii-aabajitoonid mayaanaadak megwaa gii-kigishkawaawaad.

If a child does survive that kind of pregnancy he or she is born lacking that which a healthy baby has. It is a result of all the drugs the mother put into the baby’s system that have prevented the child from fully developing. I only wish these women would see the harm they have caused their child by seeing the difficulties that other children go through as a result of their mother’s drug use during pregnancy.

Aanind ingiw abinoojiinyag gagwaadigiziwag wii-kikendamowaad i’iw akeyaa ezhi-kikinoo’amawindwaa wenjida gaye azhigwa ani-maajii-kikinoo’amaagoziwaad. Ishke dash gaye ani-dibaabiishkoojigaadenig ogikendaasowiniwaa chi-ishkweyaang ayaamagadini apii dash waa’agimaawaajin. Mii igo apane ge-ni-inaadiziwaad oniigaaniimiwaang. Gaawiin gwayak da-izhi-naanaagadawendanziiwag.

Some of these children have serious learning/behavioral disabilities and this becomes evident when they start going to school. When these children are tested on their abilities the results are much lower than others of the same age. These children will always have these difficulties throughout their lives. Their minds will not be fully functional.

Ishke geget chi-maazhichige a’aw ikwe apiitenimaasig inow oniijaanisensan gegishkawaajin, mii eta-go omaa biminizha’ang wii-mamood da-wanendang gakina gegoo, gaawiin oganawaabandanzin ezhi-maazhi-doodawaad inow oniijaanisensan. Mii igo gaye dibishkoo ingiw ininiwag ge-wiinawaa ani-maazhichigewaad ani-wiipemaawaad inow ikwewan, booch igo ogikenimaawaadogenan ani-aabajitoonid mayaanaadak inow ikwewan waapemaawaajin. Mii igo gaye ingiw ininiwag eni-maamiinaajig inow ikwewan i’iw neshwanaaji’igod a’aw bemaadizid, mii igo gaye izhi-miinaawaad inow gegishkawaawasonijin. Gaawiin eta-go ikwe maazhichigesiin, mii igo gaye ingiw ininiwag maazhichigewaad.

If the woman does not have any respect for the child that she is carrying and her focus is on only getting high to numb herself to reality, she does not realize the harm she is causing her child. This also pertains to men who sleep with these women fully realizing that they are using drugs. It is also these men who are supplying drugs to the women who are pregnant. It is not only the

women who are doing wrong, it is also the fault of men.

Mii dash omaa wii-ni-dazhindamaan a’aw Anishinaabe i’iw akeyaa gaa-izhi-gikinoo’amaagoowizid wenjida dazhinjigaazowaad ingiw abinoojiiyensag. Ishke gii-abinoojiyiwiyaan gii-ayaangwaamizi a’aw Anishinaabe gii-kikinoo’amawaad oniijaanisan da-ni-apiitendaminid gakina gegoo omaa eyaamagak omaa akiing. Ogii-manidookaadaan gakina eyaamagak omaa akiing wenjida owiiji-bimaadiziiman. Mii i’iwwenitooyang noongom, gaawiina’aw Anishinaabe noongomaapiji ayaasiingeyaabi ani-gikinoo’amawaad inow abinoojiinyan netaawigi’aajin da-ni-manaajitoowaad gakina ayaamagak omaa akiing biinish gaye owiiji-bimaadiziimiwaan.

It is at this time that I want to talk about what the Anishinaabe has been taught especially when it comes to babies. When I was a child, the Anishinaabe worked hard at teaching their offspring to respect everything on this earth. The Anishinaabe considered everything sacred on this earth especially his fellow Anishinaabe. This is what is missing today, there are not many Anishinaabe today who teaches his or her offspring to have respect for everything here on earth and especially have respect for our fellow human beings.

Ishke dash mii i’iw noongom ingiw ikwewag ekawaabamaajig inow oniijaanisensiwaan, gaawiin igo odapiitenimaasiwaawaan oniijaanisensiwaan bemiwinaawaajin biinjina. Nashke mii omaa nisidawinaagwak ezhi-maazhised a’aw Anishinaabe ani-bimiwidoosig akeyaa gaa-izhi-gikinoo’amaagoowiziyang. Ishke gaawiin onjida gigii-miinigoowizisiimin i’iw akeyaa gaa-izhi-gagiikimigooyang da-bimiwidooyang bimaadiziyang. Waasa ishkweyaang onjikaamagadoon iniw gii-wiindamaagoowizid a’aw Anishinaabe i’iw gwayak da-izhi-bimiwidood bimaadizid.

See what is happening nowadays, a lot of our pregnant women have very little respect for the child that they are carrying. This is where it is obvious the harm that is coming to us as Anishinaabe when we do not continue to carry on our teachings. We were given these teachings for a reason to practice during our lifetime. These teachings come from way back and guided us on how to live a good life.

Ishke gaye ezhiwebak noongom gibi-noondaamin eshkam nebowa ayaawag eni-maazhi-doodawaajig owiiji-anishinaabemiwaan. Maagizhaa gaye obaashkizwaawaan nisaawaad biindigewaad gaye imaa owiiji-anishinaabemiwaan endaanid gimoodimaawaad eyaaminid. Mii igo omaa eshkam nisidawinaagwak gaawiin a’aw Anishinaabe ogikinoo’amawaasiin oniijaanisan geyaabi i’iw akeyaa ishkweyaang gaa-izhichigeng.

See what is happening today, we hear often of Anishinaabe doing harm to their fellow Anishinaabe. Sometime they are shooting them and killing them, or breaking into the homes of other Anishinaabe and stealing their belongings. This is where it is obvious that Anishinaabe is no longer teaching their children those teachings about respect like they did in the past.

Geget ingiw Manidoog ozhawenimaawaan inow Anishinaabe-abinoojiinyan. Nebowa ogii-atoonaawaa i’iw akeyaa izhi-naadamaagoowizid a’aw abinoojiiyens. Azhigwa gaa-niiwo-giizhigak owapii gaa-ondaadizid a’aw abinoojiiyens, mii ingiw Manidoog gigii-miinigonaanig ge-izhichigeng gaabige a’aw asemaa da-inikaad enabiwaad ingiw Manidoog gaabige inow asemaan atamawind a’aw abinoojiiyens gaa-pi-oshki-dagoshimoonod. Mii gaye imaa anamikawind a’aw abinoojiiyens gaa-pi-dagoshimoonod, mii gaye apii, “Oshki-daangishkang o’ow aki”.

The Manidoog have a lot of passion for our Anishinaabe children. They gave us a lot of ceremonies geared toward children and to help them in their lives. Four days after the child’s birth the Manidoog gave us a ceremony where the tobacco for the newly arrived baby goes out immediately to where those Manidoog sit. This is the ceremony where the baby is welcomed to this earth, and it is also the time that the child’s little feet first touch the earth.

Mii gaye gaabige ani-wiyyawen’enyikawind a’aw abinoojiiyens. Ishke dash ani-izhichigenid inow ogitiziiman asemaan omiinaawaan waa-wiindaawasonijin. Ishke dash a’aw asemaan maanind booch igo inow Manidoon omiinigoon i’iw bawaajigan maagizhaa gaye gegoo owaabandaan, mii imaa dash wendinang odizhinikaazowin da-miinigoowizid a’aw abinoojiiyens.

At that time or shortly after, the child is given namesakes. The parents at that time give out tobacco ahead of time to the person who is going to give the child a name. The person who is given the tobacco is given a dream or shown something by the Manidoo, it is from there the Anishinaabe name comes that is given to the baby.

Nebowa ayaamagadoon i’iw akeyaa ge-izhi-asemaaked Anishinaabe da-ondinigenid inow oniijaanisan da-ni-naadamaagoowizinid. Ishke gaye ayaapii gibi-noondaamin ayaawaad ingiw Manidoog ingiw Memengwesiwag wenjida zhewenimaajig inow

Anishinaabe-abinoojiinyan bi-wiiji’aawaad.

There are several ceremonies that the Anishinaabe has been given that are helpful to the child in his or her future. Every so often we hear of those Manidoog, the “little people,” that especially have compassion for our Anishinaabe children and come and play with them.

Ishke dash gaye imaa waabanjigaadeg izhi-zhawenimaawaad Anishinaabe-abinoojiinyan ingiw Manidoog. Ishke geget gaawiin minwendanziidogenag ingiw Manidoog izhi-inigaachigaazonid iniwabinoojiiyensanaanindingiw Anishinaabekweg bemiwinaawaajin. Mii igo gaye dibishkoo ezhi-ganawaabamaawaagwen inow ininiwan nayaadamaagowaajin ingiw ikwewag chi-maazhichigewaad. Booch igo da-

bi-azheshkaagowaad omaa gegoo ani-maazhi-doodawaawaad inow abinoojiiyensan.

I just gave some examples that show the love that the Manidoog have for our children. Those Manidoog certainly must not like to see our babies being harmed, especially by some of our Anishinaabe women who are using while they are pregnant. The Manidoog also must not look down favorably on our Anishinaabe men who enable these women to use drugs while they are pregnant. There has to be some sort of repercussion to these women who are using during their pregnancy and the men that assist them in the harm caused to our babies that the Manidoog have so much compassion for.



Education Department Focuses on Graduation Rates

Toya Stewart Downey Staff Writer

Each winter the Minnesota Department of Education releases a statewide look at graduation rates for high school students. This year’s results showed a three-year increase of eight percentage points for Native American students across the state, but it’s still not enough, according to many educators and tribal leaders.

The graduation rate for Native American students moved from 42.41 percent in 2011 to 50.6 percent in 2014, but those numbers are far lower than for other student groups, according to the state’s education department.

The rate for Minnesota’s Native American students is the second worst in the nation. The on-time graduation rate for Native American students is one of the lowest in the nation.

“It seems like there’s a trend we’re seeing: if students can make it through the ninth grade they are making it through high school,” said Suzanne Wise, Mille Lacs Band Commissioner of Education. “But, if they struggle before then, there’s a chance they won’t make it to graduation.

It’s a problem the Band is working to solve, Suzanne said. “We have learned that one-on-one support matters even when students get to high school,” she said. “We know that adolescence plays a role, and we know that sometimes Indian students are treated differently from non-Indian students. All those things can impact a student’s ability to succeed in school.”

A particular problem in the Mille Lacs Band is that truancy is high, which also means students might have a harder time reaching graduation, Suzanne said.

“At Nay ah Shing we haven’t made Adequate Yearly Progress because of attendance,” Suzanne said. “Getting kids to school is a huge undertaking.”

Adequate Yearly Progress, commonly called AYP, is a measurement defined by the federal No Child Left Behind Act that

allows the Department of Education to determine how every public school and school district in the country is performing academically based on results from standardized tests.

To address the issue representatives from family services, law enforcement, tribal courts and other agencies have been meeting to find a way to get students to schools. There’s a move to bring truancy to the tribal court system, and police officers have been seeking out truants to encourage them to attend school. Nay Ah Shing has hired an American Indian Parent Involvement Coordinator to help its efforts.

“We’ve built up strong parent involvement at the school and it’s been successful,” she said. “We have more parents at teacher conferences. We are seeing more involvement at the school and more student growth.”

Still, she said, attendance is a struggle and will take more intervention efforts to help change the mentality about the importance of attending school and then graduating.

“If kids don’t feel like they are getting anything from coming to school, then they won’t come. We are looking at adding more things to our schools to make them more inviting and to make the kids feel more vested in school.”

Suzanne is hopeful that the Band’s Niigaan program, which was formerly the Boys and Girls Club and has shown some success in engaging students in school, will continue to grow.

“Through the program we have added more people to work as school liaisons. We have found that it helps students,” she said. “We have made it a priority to reward students who are doing well in school in attendance, whose achievement has increased, and who are on the honor roll.”

The Niigaan model school is Isle. There the program has its own classroom, and its staff help with lunch periods and homework and tutor the students. The goal is to get more Niigaan staff into schools, Suzanne said.

“I want our children to know what success feels like,” she said. “I want them to graduate. To make that happen we need the support of their parents, their caregivers and the community.”

“By working together we can make a difference in their lives,” she added. “Native people are relational. To suggest it’s just up to the schools is not relational. It’s not the way Ojibwe people are supposed to be.”

In February, Native American leaders implored legislators to increase support for Native American education. The request came after a focus group comprised of tribal representatives met with state Education Commissioner Brenda Casselius to discuss the state of education for Native American students.

They asked for increased funding for mentoring efforts, and early childhood programs in school districts that serve Native American students. They also requested a boost in funding to supplement federal funds for tribally-operated schools, including the Band’s Nay Ah Shing school.

The tribal schools receive \$5,000 a year per pupil from the federal government, but that is half of what other Minnesota districts receive from the state. Tribal leaders say that equalizing per-pupil funding could help improve achievement of Native American students and would help provide an equitable education for all students.

Looking for 2015 Graduates

Do you know a Band member or descendant who’s graduating in 2015? Let us know! Call 612-465-8018 or email mick@redcircleagency.com

Join the Mothers of Tradition! Tuesdays at the D1 Community Center at 5:15 p.m.

As Native women and mothers, we are faced with great responsibility for our next generations. There was a time before European contact, that our peoples practiced healthy, balanced lifeways. We want to once again hand down those healthy teachings to our next generations. Our group’s goals:

- Educate about the origin of White Bison/Wellbriety Movement
- Help gain an understanding of how Intergenerational Trauma has affected us personally, and as family, community and Nation.
- Present tools to help process the effects of Intergenerational Trauma, to become healthier.
- To gain an understanding of how important we are as first teachers and mothers, in passing on the teachings of living healthy and balanced lives.

Here’s to STRONG women: May we KNOW them. May we BE them. May we RAISE them.
Questions? Call Kim at 320-532-7773, ext: 2419.



Update from the Office of Gaming Regulation & Compliance

Teresa Kozumplik Director of OGR&C

One of the responsibilities of the Office of Gaming Regulation & Compliance (OGR&C) is to write and implement regulations for the Mille Lacs Band gaming properties: Grand Casino Mille Lacs and Hinckley. From time to time, these regulations are reviewed and revised to address issues that occur on property or concerns that are brought to the attention of the OGR&C.

As most know, in order to gain employment at one of the Mille Lacs Band gaming establishments you must be able to obtain a gaming license. Upon review of this licensing regulation, we were able to make some significant changes that could have an impact on individuals who were unable to obtain a gaming license prior to 2014. Changes include a waiver process for Mille Lacs Band members, along with a reduction in time frames for all classes of licensure.

The OGR&C has also made a few changes in staff, as a new Licensing Manager has joined the team at Grand Casino Mille Lacs. Wendy Merrill joined the OGR&C in August 2014 and will be handling all licensing issues. Wendy is available to answer all questions in regards to your gaming license application or review. At the Hinckley location, Deanna Blesi will be assisting all applicants. Deanna will also be handling all questions and concerns regarding exclusions for both Mille Lacs and Hinckley properties.

Please note that any individual looking for employment who was deemed ineligible for a gaming license should contact these licensing managers to discuss the changes to see if you may be eligible at this time. Contact our Mille Lacs office at 320-532-8887 and our Hinckley office at 320-384-4468.

Free Lung Cancer Screening Available

Saturday, May 16
8 a.m. – 3 p.m.
Hennepin County Medical Center
Minneapolis

Participate in free lung cancer screenings as well as breast cancer screenings, if applicable. Call 612-873-9576 to schedule.

Visit millelacsband.com/resources/public-notice-updates/

Interested in submitting to the *Inaajimowin*?

Send your submissions and birthday announcements to Mick Sawinski at mick@redcircleagency.com or call 612-465-8018.

The May issue deadline is April 15.

Students, Staff Celebrate Dr. Seuss' Birthday

Brett Larson Staff Writer/Photographer



Ojibwemowin instructor Bonita Nayquonabe dressed as "Thing 1" from Dr. Seuss' *Cat in the Hat* books.



Ojibwe language and culture coordinator Jodell Meyer reading "Hand, Hand, Finger, Thumb".



A translated page.

Nay Ah Shing Abinoojiyag has been celebrating Dr. Seuss' birthday for many years, but 2015 had a special surprise: two Dr. Seuss stories translated into Ojibwe and read aloud by Ojibwemowin instructor Bonita Nayquonabe and Ojibwe language and culture coordinator Jodell Meyer.

Jodell said she took on the challenge of translating her favorite Dr. Seuss book, *Hand, Hand, Finger, Thumb*, in order to get students excited about reading and learning Ojibwe. She was assisted in the reading by students Louis Whiteman-Cram, Talia Nadeau, and Deshania Jackson.

Bonita translated *Marvin K. Mooney, Will You Please Go Now!* and performed dressed as "Thing 1" from Dr. Seuss' *Cat in the Hat* books.

Students were also treated to readings from Chief Executive Melanie Benjamin, Secretary/Treasurer Carolyn Beaulieu, and Commissioners Suzanne Wise, Joe Nayquonabe, and Percy Benjamin. Every year they invite the President and Vice President. The students got a very nice letter from Vice President Biden. In the past they have had state senators and representatives as readers, and a representative from U.S. Rep. Rick Nolan.

In addition to the readings, the afternoon of March 2 was

devoted to the birthday party, "Seussian" games in the gym, and an art project involving coloring of paper socks. A favorite with the kids was making "oobleck," a green goo featured in one of Dr. Seuss' books. The food station, where they made red-and-white Jello and whipped cream desserts, was also a hit.

Roger Nieboer, who coordinated the event, said the translations were a highlight, "We've been trying to do it for about three years. To translate anything is tough, but to translate something like Dr. Seuss is a big undertaking. Jodell was the first to bite on that.

"What's cool about it for me is to see kids hearing Ojibwe language used in a contemporary context," Roger added. "They have a sense of ownership."

Bonita, who has been teaching at Nay Ah Shing for more than 15 years, said "Marvin K. Mooney" was a good fit with Ojibwe. The kids were mesmerized by her performance. "I absolutely enjoyed myself," she said.

Next year she plans to translate another favorite book. "I'm also hoping that next year I'll get my second or third grade to do Marvin K. Mooney and act it out."

What is Self-Governance? Just Ask John

Brett Larson Staff Writer/Photographer



John Mojica

John Mojica, the Mille Lacs Band self-governance coordinator, puts it this way: “Self-governance’ describes the relationship we have with the federal government. Instead of them providing the services to us, we provide the services ourselves.”

Prior to self-governance the Bureau of Indian Affairs, which is part of the Department of the Interior, delivered programs and services to Indian tribes.

Self-governance grew out of a Presidential directive by Richard Nixon supporting tribal sovereignty; this was the driving force behind legislation that became the Indian Self-Determination and Education Assistance Act (ISDEAA).

Tribes had been lobbying for more power to manage their own affairs, in part because they were frustrated with Bureau of Indian Affairs and Indian Health Service bureaucracy. Inefficiency, mismanagement, and fraud were common.

Demonstration projects began in 1975, and tribes began entering self-governance agreements in 1988. The Mille Lacs Band was one of seven tribes that engaged in negotiations and implementation of the cooperative self-governance agreements.

Self-governance recognizes a tribe’s inherent sovereignty, but the main benefit of self-governance is that those who know Band members’ needs best can address those needs most efficiently. There are no federal “middlemen” determining how those federal dollars are spent; instead, the Band itself makes the decisions.

When many Band members hear the term “self-governance,” they think of tribal sovereignty or self-determination. However, “self-governance” has a more specific meaning, referring to federal dollars given to tribes to operate their own programs.

John Mojica, the Mille Lacs Band self-governance

John describes the alternative model, which existed before self-governance and still exists on some reservations. Without self-governance, if a tree needed to be cut down, a call would need to be made to the Bureau of Indian Affairs forestry division, permission granted to cut the tree, and a BIA forester sent out to do the work — when they could find the time.

Under self-governance, the Band makes that decision, sends its own people to cut the tree, and pays for it out of the federal dollars already in the bank.

“Self-governance is more responsive,” John says. “That’s the whole idea: locally we know what we need and what our priorities are, and self-governance supplements our funding so we can carry out those priorities.”

In 1992, Congress amended the Act to allow tribes more autonomy in managing health care programs. In 2000, Congress permanently authorized the Indian Health Service Tribal Self-Governance Program.

Today, of the 566 federally recognized tribes, there are 351 tribes in Indian Health Service and 262 in the Department of Interior participating in self-governance.

At Mille Lacs, John negotiates cooperative agreements based on input from elected officials. Department heads determine what the funds will be used for in accordance with their budgets.

About half of the self-governance funds that flow through the reservation are IHS funds and the rest are for other purposes, including education, natural resources, and social services.

In the early days, prior to the opening of the casinos, self-governance funds paid salaries for workers in various departments. Now the funds are used to supplement programs and services supported by the Band’s revenue.

John, a Mille Lacs Band member, was raised in Deer River by his mother, Carol (Boyd) Mojica. He came to Mille Lacs after attending college at Concordia in Moorhead.

He has been in charge of self-governance since 2002. Prior to that he worked in the casino, the DNR, and the Housing Department. John also serves as chair of the Mille Lacs Band Housing Board.

Band Member Named GM at Grand Casino Mille Lacs

Andy McPartland Staff Writer **Sarah Barten** Mille Lacs Corporate Ventures Public Relations Manager



Tracy Sam

“I am excited to put my experience and energy to work every day to continue to improve operations at the casino.”

Tracy has a long history with Grand Casino Mille Lacs. In fact, she has been involved since the groundbreaking — from the long hours of construction and floor planning, to the first

Mille Lacs Corporate Ventures recently announced the promotion of Tracy Sam to General Manager of Grand Casino Mille Lacs. In her new role, she will be responsible for the overall day-to-day operations of the property.

“For years I’ve honed my skills while helping Grand Casino Mille Lacs become the premier gaming and entertainment destination in Greater Minnesota,” Tracy said.

job fairs in rural communities to hire Grand Casino Associates in 1991.

“Tracy brings with her invaluable experience in the gaming industry,” said Joseph Nayquonabe, CEO of Mille Lacs Corporate Ventures. “We are excited to have her at the helm of our Mille Lacs property. She will provide a fresh perspective and new ideas, which will assist us in enhancing the guest experience.”

In 1992, Tracy took a brief hiatus from Grand Casino Mille Lacs to work for the Mille Lacs Band, where she gained a wealth of knowledge working for Human Resources, and later with the Chief Executive on tribal government operations.

In December 2003, Tracy returned to Grand Casino Mille Lacs as the Assistant General Manager, where she assisted in overseeing the entire gaming operation of Grand Casino Mille Lacs. Most recently, she served as the Corporate Vice President of Human Resources for Mille Lacs Corporate Ventures.

Tracy began her new role on February 23.

Gidinwewininaan

Baabiitaw Boyd Gaa-ozhibii’ang



This month’s article is about helping children understand how they feel.

Mii ow waa-ini-dazhindamaan ge-izhi wiidookawindwaa ingiw

abinoojiinyag da-mino-izhiwebiziwaad imaa gikinoo’amaagoziwaad gikinoo’amaadiiwigamigong.

Ishke omaa gikinoo’amaadiiwigamigong omaa Wewinabi ezhi-wiinjigaadeg, nigikinoo’amaagozimin niinawind izhi-gikinoo’amaagekwewiyaang da-wiidookawangidwaa ingiw abinoojiinyag weweni omaa da-bagikendamowaad enimanji’owaad.

Mii go endaso-giizhig bebezhiig odazhindaanaawaa l’iw enimanji’owaad ingiw abinoojiinyag. Indaabajitoomin mazinaakizonan da-bagikendamowaad ezhinaagozid ezhinwenid awiia enimanji’od bebezhiig. Giishpin nisidotamowaad enimanji’owaad, begish weweni wii-kikendamowaad ge-wiidookodaadizowaad zakab da-izhi-ayaawaad imaa biinjina da-mino-ayaawaad. Ishke dash gaye biindaakoojigewag maa zanagendamowaad gegoo nawaj-igo bebezhiig da-naadamaagoowiziwaad ingiw abinoojiinyag weweni da-baazhidaakonindwaa.

Ishke imaa ge-ondinigewaad da-mino-ayaawaad ge-minosemagak omaa nindabiwinaaning. Mii o’o waakwajitooyaang.

Exclusive Tour of Eddy’s Scheduled for Band Members

Mille Lacs Corporate Ventures



Eddy’s Rendering. View the real thing on April 29 or April 30 from 1 – 3 p.m.

Eddy’s Resort is set to open to the public on Tuesday, May 5, but before it does, Band members will have a chance to tour it. On Wednesday, April 29 or Thursday, April 30 from 1 – 3 p.m., representatives from Mille Lacs Corporate Ventures will show you around the resort. You’ll see the new room types, the views of Lake Mille Lacs, the lobby, The Launch Bar & Grill, the cabins and much more. No need to call and schedule a time — just show up at Eddy’s between 1 – 3 p.m. on either day. See you then!

April is Stress Awareness Month

Tammy Mooreland
Performance Improvement Manager

Stress does not merely afflict your mind. Stress can also lead to a number of major health problems, ranging anywhere from anxiety to severe depression and from mild acne to life-threatening heart attacks, so it is easy to see why it is so important to keep life's major stressors in check. Understanding the mind/stress/health connection can help you better manage stress and improve your health and well-being.

When you perceive a threat, stress hormones rush into your bloodstream — increasing heart rate, blood pressure, and glucose levels. Other hormones also suppress functions like digestion and the immune system, which is one of the reasons why chronic stress can leave you more vulnerable to illness.

Danger triggers the stress response — but, unfortunately, so can conflicts, worry over debt, bad memories, or anxiety. Although one bad day won't compromise your health, weeks or months of stress can dampen your immune response and raise your risk for disease.

Combat Your Stress

If you suffer from chronic stress and can't influence or change the situation, then you'll need to change your approach. Be willing to be flexible. Remember, you have the ability to choose your response to stressors, and you may have to try various options.

- Recognize when you don't have control, and let it go.
- Don't get anxious about situations that you cannot change.
- Take control of your own reactions, and focus on what makes you feel calm and in control.
- Develop a vision for healthy living, wellness, and personal and professional growth and set realistic goals to help you realize your vision.

While you can't avoid stress, you can minimize it by changing how you choose to respond to it. The ultimate reward for your efforts is a healthy, balanced life, with time for work, relationships, relaxation, and fun.

Nay ah Shing Abinoojiyag is Looking for a New Principal

Due to retirement, the Band is looking for a new principal for the Nay ah Shing Abinoojiyag campus, which serves students in grades pre-k through five.

More information can be requested from Human Resources. The job vacancy will be posted online in the coming weeks.

Bella Boyd Honored at Special Olympics Minnesota Event

Sarah Barten Mille Lacs Corporate Ventures



Bella Boyd received a visit from Minnesota Timberwolf Ricky Rubio.

On Friday, March 6, more than 30 Minnesota executives — including Commissioner Joe Nayquonabe, Jr. and Mille Lacs Corporate Ventures' (MLCV) Mike Engel — loosened their ties, tossed their suit jackets aside and took an icy dip into Lake Calhoun, raising over \$200,000 for more than 8,000 Special Olympics Minnesota athletes.

What made the night even better was the Special Olympics Minnesota athlete who was featured — Bella Boyd, daughter of Mille Lacs Band member Adrienne Benjamin.

Grand Casino Mille Lacs and Grand Casino Hinckley sponsored that special evening, so Joe was asked to say a few words about what it means for Grand Casino to support Special Olympics. Joe immediately thought of Bella.

Bella is a Special Olympics athlete and the inspiration behind one of the largest plunge groups at the Mille Lacs plunge location — Bella's Babes. When Bella was five weeks old, she became extremely sick and had a hemispheric stroke that caused permanent damage to the left side of her brain.

Adrienne knew her daughter was a fighter and wasn't about to give up. She signed Bella up for therapy and brought her to several different doctors who all worked hard to push Bella and give her the best chance to overcome her medical situation. She has had her ups and downs over the years, but not only has she beat all odds against her, she has thrived and grown up to be an amazing young girl.

This fall, her mom noticed some hesitation in her ability to get around the house as she normally did. After a series of doctor appointments, Bella underwent hip reconstruction surgery on December 2, 2014. Her doctor also made surgical cuts to specific tendons to help loosen the muscles in her affected leg. "This was a tough decision for me," Adrienne said. "I needed to make sure the benefits would outweigh the dangers and pain for her. The surgeon reassured me that this surgery would give Bella the best chance of walking, which is something we have been working towards."

In January, Bella started aggressive therapy and has al-

"It has given me a new way to be proud of her and opened my heart to the true beauty of Bella's world."

— Adrienne Benjamin



Bella Boyd and Commissioner Joe Nayquonabe.

ready made tremendous strides. "We are all excited for her future and the possibilities of her mobility," Adrienne said.

What people saw the night of the Executive Plunge was exactly who Bella is — a funny, smart, charismatic girl who loves being a part of her family and friends' lives. Even Ricky Rubio of the Minnesota Timberwolves had a chance to meet Bella!

Adrienne said Bella has found joy in Special Olympics competing with her school team — the Mille Lacs Raiders. She competes in bowling, basketball and track and field events each year. Adrienne said she is so appreciative of Special Olympics Minnesota because it gives her daughter a fun and accepting place to celebrate her wonderful accomplishments. "It has given me a new way to be proud of her and opened my heart to the true beauty of Bella's world."

The world Special Olympics creates is one of love, kindness and inclusion. "We are inspired by the tremendous work this organization does. Inclusion and acceptance are values our company stands for and we are proud to sponsor the Executive Challenge and the 4th Annual Mille Lacs Plunge," Joe said.

The night ended with a big round of applause for Bella and all the Special Olympics Minnesota athletes.

Mille Lacs Polar Bear Plungers Raise More Than \$42,000!

Mille Lacs Corporate Ventures



Last month 290 individuals took the plunge into the frigid waters of Lake Mille Lacs for the fourth annual Mille Lacs Polar Plunge for Special Olympics Minnesota.

Together the plungers raised more than \$42,000 in donations toward the cause. Combine that with the \$20,000 that Grand Casino Mille Lacs donated to help bring the plunge to the area and the \$16,000 donors and Associates raised for Commissioner Joe Nayquonabe’s Executive Plunge at Lake Calhoun and all together, the money raised for Special Olympics Minnesota totaled more than \$78,000!

Miigwech to all of the plungers who raised money, for all of the supporters who donated money for Special Olympics Minnesota and for the help of local law enforcement (Mille Lacs Band Tribal Police, Mille Lacs Band DNR, Mille Lacs County Sheriff’s department, Mille Lacs Search & Rescue and Mille Lacs Health Systems Ambulance).

New Judge Is at Home Away From Home

Brett Larson Staff Writer



Dave Christensen

Dave Christensen, the Mille Lacs Band’s new District Court Judge, is a familiar face in the community, although he’s been away for a few years.

Dave was an attorney in the Office of the Solicitor General beginning in 1993. He worked there for four years before becoming the Band’s first-ever legislative counsel.

In that job Dave worked on the revision of the judicial code and the transition to the current Tribal Court system.

After three years as legislative counsel, he transferred to the Bureau of Indian Affairs in the Twin Cities, where he worked until he decided to return to the Band as judge.

Dave is a member of the Three Affiliated Tribes in North Dakota and was immersed in his Indian heritage through the influence of his grandfather and other relatives. Dave’s grandfather, a native Hidatsa speaker and direct descendant of Mandan Chief Four Bears, passed along the stories of his people. He even came to live with Dave when he was in law school in New Mexico.

“I learned to dance as a boy, and there were different dances for the different songs, and they all have roots and meanings, like many other things,” Dave says.

While growing up in North Dakota, Dave split time between the reservation and the ranch of his Norwegian grandpa, Ole, who taught him how to ride horses, mend fences, put up hay, and raise crops. He even taught him to thresh wheat using an old belt-driven thresher. From age four, it was his job to gather eggs — and fight off roosters. (Ask him to show you his scar.)

Dave says Mille Lacs feels like home. “I like the Mille Lacs Band. When I was here in the ’90s, it reminded me of my home community in the ’60s. I like being a part of so many good things that the Mille Lacs Band does.”

Dave has always been impressed with the leadership of the Mille Lacs Band and their commitment to their people and culture. “Their hearts are in the right place,” he says.

Dave was born in Scotland when his father was in the Air Force, and as a child he lived in North Dakota and the state of Washington. His mother and stepfather were educators working for the Quinault Nation when Dave graduated from North Beach High School in Washington.

From there he attended college in Washington and North Dakota and eventually earned his law degree from the University of New Mexico.

Dave lives in the Twin Cities area with his wife, Georgette, and three daughters: twin 17-year-olds and an 11-year-old. Dave met Georgette, a White Earth member, when he was working at Mille Lacs.

He said he was drawn to the District Court Judge position because it allows him to practice law within the context of Indian culture. “We’re not here to snap people in line,” Dave says. “We’re here to provide a place to listen, to resolve disputes, and to get people back on track.” The tribal courts are more people-driven than rule-driven, he says, and the statutes he upholds incorporate cultural values.

“My life has been a path of continuous learning, including much about myself,” Dave says. “I hope I am growing. Mille Lacs has been a part of me since I came here, and I am glad I am closer to it now.”

Mille Lacs Band 2015 Spring Clean Up

District I, Vineland
Saturday, April 18 – Friday, April 24
Hours of operation: 8:30 a.m. to 4:30 p.m. on Friday through Friday.
All roll-off dumpsters will be located at:
– The Mille Lacs Band Old Transfer Station Site off of U.S. HWY 169.

District II, East Lake, McGregor, Minnewawa, Sandy Lake and Isle
Saturday, May 9 – Friday, May 17
Hours of operation: 8:30 a.m. – 4:30 p.m. on Monday through Friday, and 9 a.m. – 4 p.m. on Saturday and Sunday.
Roll-offs will be placed at the following locations:
– East Lake Maintenance facility for District II
– Isle Community Center for District II-A.

District III, Lake Lena and Hinckley
Saturday, May – Friday, May 8
Hours of operation: 8:30 a.m. – 4:30 p.m. on Monday – Friday, and 9 a.m. – 4 p.m. on Saturday and Sunday.
Roll-offs will be placed at the following locations:
– Four Plex on Evergreen Dr.
– Earthworks building located on Hwy 48, 2 miles east of Hinckley Casino
– Maintenance building in Lake Lena across from Community Center
– The Cull de sac at Wise Owl

Mille Lacs Band Elders in all Districts will receive free curbside pickup for their community cleanup items.

Elders must call the Public Works office at 320-532-7433 by Friday, April 10, to be placed on the list for pickup.

Anyone receiving curbside pickup must have their pile at the end of their driveway. Please contact Public Works at 320-532-7448 if you have any questions or concerns about the 2015 spring cleanup! Thank you.

Powwow Stories

If you have a powwow story you would like to share email Mick at mick@redcirclegency.com or call 612-465-8018.

Department of Labor Office Hours

District II-A Community Center
Tuesdays from 1:30 p.m. – 4:30 p.m.

Aazhoomog Community Center
Tuesdays from 9:30 a.m. – 12:30 p.m.
Wednesdays from 10 a.m. – 3 p.m.

Corporate Commission Building Hinckley
Tuesdays from 1 p.m. – 3 p.m.

District II Modular
Monday – Friday from 8 a.m. – 4:30 p.m.

TRIBAL NOTEBOARD

Happy April Birthday to Mille Lacs Band Elders!

Roland Lee Anderson
Susan Mary Antonelli
Dorothy Ann Aubid
Terry Louis Beaulieu
Jerry Jonas Benjamin
Donivon Leroy Boyd
Russell Edward Boyd
Wayne Theodore Boyd
Debra Lynn Ceballos
Sharon Lee Chavarria
Rayna Joyce Churchill
Raymond Charles Daly
Wesley Dorr Jr.
Rhonda Kay Engberg
Nancy Mae Foster
Duane Wallace Haaf
Gwendolyn Marie Hanold
Douglas Happy
Arleen Joy Hunt
Darryl Vernon Jackson
Evelyn Kegg
Raymond Kegg
Victoria Jean Kroschel
Bruce Marvin LaFave
Glenda Marie Landon-Rosado
Ada Mae Merrill

Louis Kevin Merrill
Gregory Allen Mishler
Bonita Louise Nayquonabe
Russell Daniel Nayquonabe
Gloria Jean Nickaboine
Sherry Marie Nielsen
Donald Eugene Oswaldson
Jeannette Oswaldson
Ricky Harold Pardun
Solita Efigenia Reum
Lorraine Diane Sam
Darlene Rae Savage
Ruth Anne Schaaf
George Augustus Sharlow Jr.
Perry Don Skinaway
Debra Ann Smith
Marvin Lee Staples
Gail Marie Tyson
Duane Lee Wind
Leonard Myron Wind

Happy April Birthdays:

Happy birthday **April Weyaus** on 4/1, love you forever, Roland Sr., Roland Jr., and Kayloni. • Happy birthday **Auntie Dorothy** on 4/1. Have a great day, love Mrs. B and the family. • Happy birthday **Dad** on 4/4 from Cilla

• Happy 3rd birthday **Lorena “LoLo” Gahbow** on 4/8, with lots of love from Mommy, Daddy, Benny, Joshy, CaddyBug, Freddie, Buzz, JerBear, Baby Tammy, and Gamma TT. We love you to the moon & stars and back! • Happy birthday **Lise** on 4/12 from your big sis Cilla. • Happy 22nd birthday to my beautiful daughter **Lisa** on 4/12, with love from Mom and Raquel! • Happy birthday **Justice Drumbeater** on 4/14 from Mom, Dad, and brothers. • Happy birthday **Papa Juice** on 4/14 from all your grandsons. • Happy 9th birthday **Kelia A**, my sweet and lovable granddaughter, on 4/20. Love you forever. Be happy. Hugs & kisses to you, from Gramma Marlys. • Happy 6th birthday **Hayden Lynnae** on 4/20, love Gramma B, Papa, Cedez, Uncle Ron, Uncle Al, Uncle Walter, Uncle Bert, Aunty Chew & Baby AveS, Aunty Tola, Aunty Ca & Ria, Mommy N Caylz, Grant & Rico Harvey, and Uncle Sean.

• Happy birthday **Aiva Lee** on 4/26 love Dad, Mark, Emery, DeBreanna, Gram Tracy, Gram Karen, Uncle Brad, Val, Pie, Kevin, Auntie Rachel, Shelby, Max, Aidan, Jarvis, Auntie Sharon, Ravin, and Melodie. • Happy birthday **Auntie LuLu** on 4/27 from Cilla. • Happy birthday **Lu** on 4/27 from Deanna and Raquel. • Happy 24th birthday to another one of my beautiful daughters — **Cilla** on 4/28, with love from Mom and Raquel. • Happy birthday to a great niece, **Kelia**. Love you, from Uncle Richard. • Happy birthday to my loving man, **Anthony**. Love you with all my heart. Thank you for being with me in the last four months, you are a great man. I appreciate everything you have done for me. Love you always, Marlys.

Happy Belated Birthdays:
Happy belated birthday **Craig Hansen** on 3/30 from your

loving Auntie and Weheh Deb and family.

Other Announcements:

Miigwech to everyone who donated and participated in the fundraiser for Shelly Sam. She started her treatment in late February. We appreciate all of the love and support! From Shelly’s family. • Happy anniversary to **Clayton & Candace Benjamin** on April 17. Sent with love from your Mom, Dad, sisters Desi & Camille, brothers Roland Sr. & Collin, and their families.

Submit Birthday Announcements
Send name, birthday and a brief message that is **20 WORDS OR LESS** to Mick Sawinski at mick@redcircleagency.com or **call 612-465-8018**.
The deadline for the May issue is April 15.

Mille Lacs Indian Museum April Events

Nature’s Paint

Wednesday, April 1 – Thursday, April 30

Fee: Free

Pat Kruse, a birch bark artist who lives in Mille Lacs community in Minnesota, has been working with birch bark for more than 30 years. View some of Kruse’s three-dimensional mosaic birch bark art in this free museum exhibit.

“Nature’s Paint” Artist Reception

Saturday, April 18

1 p.m. – 4 p.m.

Fee: Free

Come to the Mille Lacs Indian Museum and meet Pat Kruse, the artist of “Nature’s Paint,” a three-dimensional mosaic birch bark exhibit. Refreshments will be provided.

Loom Beading Workshop

Saturday, April 25

10 a.m. – 4 p.m.

Fee: \$30/\$25 MNHS members; additional supply fee of \$15 applies

Reservations: Required three days prior to workshop, call 320-532-3632

Participants will learn the art of loom beading through hands-on experience. A light lunch and refreshments will be provided. Children under 18 must be accompanied by an adult. A minimum of five participants is required to host workshop.

Upcoming Job Fairs

Lake Mille Lacs Job Fair

Tuesday, April 7

12:30 p.m. – 4:30 p.m.

Holy Cross Center
104 Crosier Drive
Onamia, MN

No cost or registration required. This event is FREE to all job seekers!

List of participating employers available at mn.gov/deed/events/LMLA2015

East Central Minnesota Job Fair

Tuesday, April 21

12:30 p.m. – 4:30 p.m.

AFRC — Cambridge Community Center
505 Spirit River Drive S.
Cambridge, MN

Free to attend and free parking available. Bring your resume and be prepared to interview.

Individuals requiring accommodations to either job fair should call 763-279-4472.

APRIL CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6	7 Lake Mille Lacs Job Fair 12:30 p.m. – 4:30 p.m. Holy Cross Center See page 14	8 Circle of Health Outreach 1 p.m. – 4 p.m. East Lake Clinic District I Community 5:30 p.m. District I Community Center Comm. Colsrud Visit 8 a.m. – 4 p.m. Urban Area Office	9 APB Meeting 10 a.m. – 12 p.m. Aazhoomog Community Center	10	11
12	13	14	15 Comm. Colsrud Visit 8 a.m. – 4 p.m. Urban Area Office Circle of Health Outreach 1 p.m. – 4 p.m. Urban Office District III Community Meeting 5:30 p.m. Grand Casino Hinckley Chiminising Bingo 6 p.m. Chiminising Community Center	16	17	18 “Nature’s Paint” Artist Reception 1 p.m. – 4 p.m. Mille Lacs Indian Museum See page 14
19	20	21 East Central MN Job Fair 12:30 p.m. – 4:30 p.m. Cambridge Community Center See page 14	22 Comm. Colsrud Visit 8 a.m. – 4 p.m. Urban Area Office Circle of Health Outreach 1 p.m. – 4 p.m. DII-A Isle Community Center	23 APB Meeting 10 a.m. – 12 p.m. Aazhoomog Community Center	24	25 Loom Beading Workshop 10 a.m. – 4p.m. Mille Lacs Indian Museum See page 14
26	27 Art Gahbow Day (actual April 26)	28	29 Comm. Colsrud Visit 8 a.m. – 4 p.m. Urban Area Office Eddy’s Resort Tour 1 pm. – 3 p.m. Onamia, MN See page 11 DII-A Community Meeting 5:30 p.m. Chiminising Community Center	30 Eddy’s Resort Tour 1 pm. – 3 p.m. Onamia, MN See page 11 Urban Area Community Meeting/ Family Night 5 p.m. –7 p.m. All Nations Indian Church Sobriety Feast 5:30 p.m. Chiminising Community Center	Want your event here? Email mick@redcircleagency.com or call 612-465-8018.	

Get Moving: Easy Tips to Get Active!

Mille Lacs Band Diabetes Program

Temperatures are finally heating up and so should your exercise routine! Building physical activity back into your daily lives is one of the greatest challenges for busy people. However, it’s important to remember that our bodies were designed to be physically active. Lack of physical activity is a major risk factor for cardiovascular diseases, but just 30-minutes a day can have a big impact on your health. Whether it’s a structured exercise program or fun activities with the family, all exercise adds up to a healthier heart!

Here are some tips for exercise success:

Make the Time

- Build a workout routine and make it a habit.
- Start slowly. Gradually build up to at least 30 minutes of physical activity most days of the week.
- It can be one 30-minute session or three 10-minute sessions.

Set Reasonable Expectations for Yourself

- Create a success plan. Set one or two reasonable goals to begin, then build upon achievement.
- Be kind to yourself. Give yourself credit for any effort you make.

Make it Fun!

- Choose activities that are fun, not exhausting.
- Ask family or friends to join or enjoy an exercise group, health club or community center.
- Use music or audio books to keep you entertained.

Track and Celebrate Your Success!

- Keep a record of your activities. Reward yourself at special milestones with non-food items, like a small gift or shopping trip for yourself.
- Nothing motivates like success!

The Mille Lacs Band of Ojibwe Diabetes Program offers Personal Training Sessions, fitness classes and workout programs in all three districts! Contact Jim Ingle 320-532-7547 for more information.

Website Lets Loved Ones Know You’re Safe & Well

When a major disaster happens, one of the most frightening

aspects is not knowing if a family member has been affected or not. The American Red Cross offers “Safe and Well,” a website where people can register themselves and their families after a disaster to let loved ones know of their status.

Individuals can list their name, birth date, email, phone numbers, address, and best current contact information. You will also have a choice of the message you want family and friends to see, such as “I am safe and well,” “Currently at shelter,” or “Will email when able.” You can also leave a custom message. Much of the identifying information will not be viewable by someone searching for you, but it will be used by the system’s search engine.

With tornado season here, first responders should keep this service in mind to let family members know their status.

Visit the website at: safeandwell.communityos.org

Download American Red Cross Disaster Apps

Now is a good time to familiarize yourself with some of the disaster preparedness tools the Red Cross offers, including a variety of mobile applications (apps). The free apps provide alerts for weather hazards, first aid, shelter, pet first aid, and more.

As the winter weather hazards come to an end, you can use the weather-related apps to prepare for spring hazards, such as tornadoes.

Features of the tornado app include:

- An audible siren that automatically sounds when the app is closed if a tornado warning is issued by the National Oceanic and Atmospheric Administration (NOAA);
- A notification when the warning expires; and
- Instructions on what to do if cell phone towers and other communication are down.

The Red Cross also offers a mobile application that engages children in disaster preparedness in a fun, exciting way. The “Monster Guard” app uses an interactive game to show kids how to stay safe when responding to emergencies at home.

Take action today! Download these apps to your tablet or smartphone using the Apple App Store or Android Google Play. Doing so counts as one of the ten ways to participate in America’s PrepareAthon!, so be sure to register your actions on the campaign website.

Correction

In our March issue, we featured a story on Mushkooub Aubid that mentioned the circumstances behind his father’s death. We wrote that Mushkooub switched cars when transporting George Aubid’s body from the Aitkin hospital 25 years ago. Winnie LaPrairie, who was in the car as well, informed us that this was a myth: they did not switch cars. We regret the error in reporting and sincerely apologize to the Aubid family.

Mille Lacs Early Education Promoting Exercise and Fitness

Next year, Wewinabi will focus on getting the children outside as much as possible and we need some winter clothing donations. We are looking for snow pants, coats, boots, hats and mittens. The sizes for snow pants and coats would be from 2t to 8. For boots, sizes 6 child through 2 youth. Parent bucks will be given to parents of our program. All donations can be dropped off at the front desk at Wewinabi.

Are you an Elder or do you know an Elder who has a story to tell?

The *Ojibwe Inaajimowin* is looking for Elder stories for upcoming issues.

Send your name, contact information, and a brief description of the Elder you would like to feature to Mick Sawinski at mick@redcircleagency.com or **call 612-465-8018**.

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millelacsband.com



Heating, Water, and Maintenance Problems?

During normal business hours: tenants in Band rentals and Elders living within the service area should call 800-709-6445, ext. 7433, for work orders. **After business hours:** tenants with maintenance emergencies should call 866-822-8538 and press 1, 2, or 3 for their respective district.

Free Hearing Evaluations

Evaluations take place on the second Friday of each month at Ne-la-Shing Clinic. Call 320-532-4163 to schedule an appointment. Walk-ins are welcome — we will do our best to serve you. Ask us about the \$1,000 in hearing aid benefits you can receive from the Circle of Health.

Hearmore Hearing has offices in Saint Paul and Osseo. To schedule an appointment Monday through Friday, call the Saint Paul office at 651-771-4019 or the Osseo office at 763-391-7433.

OJIBWE INAAJIMOWIN

THE
STORY
AS IT'S
TOLD

MAY 2015 | VOLUME 17 | NUMBER 05

MAKING THE MOST OF THE COLLEGE EXPERIENCE

Band member Ah-Nung Matrious

PAGE 8

SANDPIPER
PIPELINE
HEARING

LIVING
HISTORY WITH
DOUG SAM

GRADUATES
LOOKING FORWARD
TO FUTURE

CHASING
HOOP
DREAMS

MESSAGE FROM THE CHIEF EXECUTIVE

MELANIE
BENJAMIN
CHIEF EXECUTIVE



Aaniin! With the sap running, spring is finally here as Ziis-baakadake Giizis, the Sugar Moon, gives rise to Nmebine Giizis, the Sucker Moon. I hope some of you have been able to get to the sugar bush this season and enjoy the warming weather with your families.

I spent the first few days of April attending the annual convention of the National Indian Gaming Association, and was invited to a breakfast meeting with Kevin Washburn, Assistant Secretary of Indian Affairs, for the U.S. Department of the Interior. While several tribal leaders were invited to attend this meeting, he and I were the first to arrive and were early. We had a great conversation about several critical matters of concern to the Band, including our Reservation Boundary.

I was very excited to have been invited to attend and speak at the first ever Mille Lacs Lake Area Job Fair on April 7 in Onamia. This is a wonderful example of how we can collaborate with local businesses and organizations in the region to promote job opportunities for everyone. I shared one of my favorite quotes from the late Senator Paul Wellstone: "When we all do better, we ALL do better!"

On April 15, we had an exciting meeting with Larry Anderson and Roxanne DeLille of Fond du Lac Tribal and Community College about improving learning outcomes for Native students attending community colleges, and potential opportunities for partnering. We also discussed potential collaboration with Pine Grove.

I attended a meeting at the District I Assisted Living Unit on April 13, where residents and others shared with me their concerns. I think this was a good meeting that provided an opportunity for people to share their feelings openly so that the HHS staff can seek to improve the services provided to elders who make the ALU their home.

On April 23, I held a meeting with Band member Elders living in the Danbury area of Wisconsin. Elder Services staff attended and shared important information about services, and I shared an update about issues involving the boundary, tourism, and natural resource protection.

On April 27, I was happy to speak at a Tribal Energy Conference that was held at our own DoubleTree Hotel in St. Paul. It is always exciting when tribal organizations use our facilities in St. Paul, and we are especially excited to welcome the summer conference of the National Congress of American Indians (NCAI) in June, when tribes from all across the Nation will stay at our new facilities.

One critical matter I want to draw Band member attention to is a notice in this newsletter about a Public Hearing which will be held on June 5, 2015, at 10 a.m. at the East Lake Community Center. Recently, the Minnesota Public Utilities Commission held a series of public hearings about whether Enbridge should be granted a "Certificate of Need" to construct the Sandpiper Pipeline through the 1855 Treaty territory. Enbridge did not consult with the tribes impacted, and although tribes requested that hearings be held on an Indian reservation, none were.

Instead, we are going to exercise our sovereign authority to hold our own Mille Lacs Band of Ojibwe Public Hearing on the Sandpiper project on June 5 at 10 a.m. at the East Lake Community Center. This hearing will ensure that the views of Band members and other experts are recorded and shared with state and federal authorities. We are collaborating with Honor the Earth and White Earth, which will hold a separate hearing on June 4 at White Earth.

Band Member employees who wish to testify on this issue will be given leave to attend this hearing, but must go work with their supervisors in advance. More information



On Wednesday, April 15, Chief Executive Melanie Benjamin, Speaker Carolyn Beaulieu, and D-I Representative Sandi Blake were honored to have been invited to attend the First Lady's Luncheon in Washington D.C., where they networked with other women leaders from across the United States. The First Lady spoke about the importance of providing for the needs of returning veterans.

will be coming from Commissioner Catherine Colstrud with those details.

As the weather warms, I'm very excited about our first Elder Trip which will take place in May — Miigwech to the Band Assembly for their help supporting these trips as well. We always enjoy seeing Elders spend quality time together relaxing and enjoying the company of one another!

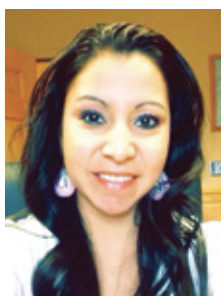
Melanie Benjamin

Legislative Branch Welcomes New Employees

Andy McPartland Staff Writer

The Legislative office has made a few additions to their staff recently. Caryn Day was hired as Legislative Communication Liaison and Darcie Big Bear was hired as Parliamentarian. Sylvia Villebrun has transferred to Legislative Librarian from Parliamentarian. Get to know the new employees a bit below!

Darcie Big Bear



Darcie is a Mille Lacs Band member who started working for the Band in October 2000. She began her work in the Judicial department as a receptionist before transferring to the Executive branch in the Enrollments office in November 2003. She worked as Enrollment Technician for two years until being moving into her new role in the Legislative branch as Parliamentarian. Darcie is currently working on her Associates of Applied Science in Business Management and expects to graduate this month. She's the proud mother of two children: Todd, 18 and Eldayshun, 13.

"I look forward to adding to the Legislative department," Darcie said. "I'm very grateful for the opportunity to fill the position as Parliamentarian and Clerk of the Assembly."

Caryn Day



Caryn has worked for the Band since 2004 as the Director of Tribal Operations. A Mille Lacs Band member, Caryn received a Bachelor's degree in Organizational Behavior from the College of St. Scholastica and a Master's in Tribal Administration & Governance from University of Minnesota-Duluth in May 2014. Caryn has two children: 13-year-old daughter, Jaeden King and 8-year-old son, Keith.

"I enjoy being in my home community and I love being among my extended family and live a blessed life," Caryn said. "I look forward to being part of an incredible team at the Legislative branch."

NOTICE OF PUBLIC HEARING ON THE MATTER OF ENBRIDGE ENERGY'S PROPOSAL TO CONSTRUCT THE SANDPIPER PIPELINE

HEARING DATE: JUNE 5, 2015

10:00 A.M.

EAST LAKE COMMUNITY CENTER



In the matter of the application of Enbridge Energy, which seeks to construct the Sandpiper Pipeline along a route that may result in an environmental impact on lands and waters on or near the East Lake Community of the Mille Lacs Reservation, the Minnesota Public Utilities Commission has held a series of hearings taking testimony from the public and local governments.

No hearings were held on any of the Indian reservations that will be impacted by this project. Therefore, under the authority of the Mille Lacs Band of Ojibwe as a sovereign Indian Nation charged with protecting the welfare of its Members, the Chief Executive hereby announces a Public Hearing scheduled for June 5, 2015, at 10:00 a.m. at the East Lake Community Center. The purpose of this hearing is to collect information from Band Members and experts regarding:

- (1) Concerns regarding oil spills and the potential risks to surface and ground water on or near the East Lake Community and lands held in federal trust status for the Mille Lacs Band of Ojibwe;
- (2) Concerns regarding the self-sufficiency of individual Band members and cultural practices, such as harvesting wild rice within the Big Sandy Lake and Rice Lake watersheds, including the Rice Lake National Wildlife Refuge;
- (3) The legal implications of the lack of consultation with the Mille Lacs Band of Ojibwe;
- (4) The legal implications of the lack of consultation with the Mille Lacs Band of Ojibwe's Tribal Historic Preservation Office (THPO) regarding to the identification of lands along the pipeline route related to their historical, archeological and cultural significance; and
- (5) The potential legal involvement of the federal government: First, whether the Department of the Interior is properly carrying out its Trust Responsibility with regard to federal and tribal land; Second, whether the Environmental Protection Agency (EPA) should conduct an Environmental Impact Statement (EIS) to assess the safety of the Sandpiper Pipeline project to lands and waters important to Indian tribes and federal land; and Third, whether the U.S. Army Corp of Engineers (USACE) should conduct an EIS to assess the potential impact of the Sandpiper project to wetlands and waters under its jurisdiction.

This hearing will be held pursuant to 4 MLBSA Section 12(a) (3), wherein the Chief Executive is authorized to hold hearings for the following purposes: To investigate and inquire into matters affecting the general welfare of the Band or its organs of government.

The hearing shall be held in accordance with MLBSA Section 13. A hearing examiner will be appointed to conduct these hearings. Expert witnesses will be called concerning matters 1-5 as related above. Band Members who wish to testify at this hearing are invited to attend. Band Member employees who wish to testify at this hearing should notify their supervisors in advance to make arrangements to do so.

Joe Nayquonabe Named NAFOA Executive of the Year

Andy McPartland Staff Writer **NAFOA** Photographer

On April 21, Joe Nayquonabe Jr., Commissioner of Corporate Affairs and CEO of Mille Lacs Corporate Ventures (MLCV), accepted the 2015 NAFOA Executive of the Year Award in Austin, TX.

At their 33rd annual conference, NAFOA, the Native American Finance Officers Association, honored a number of innovative tribal leaders, tribal nations, and financial professionals for positively impacting tribal economies.

The Executive of the Year award honors a tribal leader who has demonstrated "cutting-edge thinking in developing the financial plans of the tribe, leadership in effectively sharing suggestions with the tribe, and success in implementing ideas for the overall betterment of the tribe."

Joe, named Commissioner in September 2012, received his Bachelor's degree in Business Administration from St. Cloud State and his MBA from University of Minnesota's Carlson School of Management. In 2013, he earned a second Master's degree in Tribal Administration and Governance at the University of Minnesota-Duluth. Previously, he was VP of Marketing for Grand Casinos.

In his current role, Joe oversees existing businesses and an-

alyzes new business opportunities for the Mille Lacs Band. When he assumed the role of CEO, he created a new strategy and directed MLCV to grow its non-gaming revenue streams and invest in hospitality and marketing industries. Since then, non-gaming revenue and non-gaming cash flow have increased significantly.

"I've known Joe since he was a child, growing up on the Mille Lacs Reservation," explained Chief Executive Melanie Benjamin. "I've been amazed at what Joe has accomplished in such a short time.

"He quickly gained a reputation for being very talented and hard-working," Melanie said. "Despite his young age, he quickly won the respect and admiration of his staff, many of whom were twice his age.

"Joe Nayquonabe is a man who is committed to family, to our tribal community, and to making a difference for our people," she concluded.

NAFOA is a national non-profit which seeks to strengthen



Joseph S. Nayquonabe Jr., Commissioner of Corporate Affairs/ CEO of Mille Lacs Corporate Ventures, accepts the 2015 NAFOA Executive of the Year Award.

Pictured (L-R): Dawson Her Many Horses (NAFOA), Kim Peone (NAFOA), VaRene Martin (NAFOA), Commissioner of Finance Adam Valdez (Mille Lacs Band), Commissioner Joseph S. Nayquonabe Jr. (Mille Lacs Corporate Ventures), Tina Danforth (NAFOA), and Bill Lomax (NAFOA).

tribal economies through its policy work and education initiatives. They host two conferences a year, inviting leaders of finance, tribal and policy in Indian Country.

Other awardees included the First Nations Oweesta Corporation, Snoqualmie Indian Tribe, and Chief Michell Hicks of the Eastern Band of Cherokee Indians.

Drop Everything and Read (DEAR) at Wewinabi



Mille Lacs Early Education held its annual Drop Everything and Read event from mid-March to April 9.

Over a four week period, teachers sent home “reading circles” — a way to list the books that families read to children. Classrooms filled out reading circles for each book read at school.

We read a total of 3,910 books to our students! Parent participation was amazing: a few families brought in over 200 circles, and many others brought circles in daily. Third and fourth grade students from Nay Ah Shing School read to the children too. Each child at Drop Everything and Read received a book to take home to do more reading.

Thanks to everyone who participated.

Thank You, Teachers

Thank you to teachers Lehticia Weiss, Marie Hendrickson, Julie Nelson, and Mary Zykloskey for over 20 years of outstanding service at Nay Ah Shing.

Circle of Health Outreach

Wednesday, May 13
1 – 4 p.m.
East Lake Clinic

Wednesday, May 20
1 – 4 p.m.
Urban Office

Wednesday, May 27
1 – 4 p.m.
DII-A Isle Community Center

Onamia Lady Panthers Chasing Hoop Dreams

Andy McPartland Staff Writer **Michelle Benjamin** Photographer



Back row (L-R): Amelia Benjamin, Shayla Nayquonabe, and Jenai Beaulieu. **Middle row (L-R):** Coach Pete, Alex Merrill, Alissa Taylor, Bella Nayquonabe, Katie Rocholl, Trinity Blake, and Coach Joe. **Bottom row (L-R):** Briana Nayquonabe, Alaiysha Nickaboine, Aiyanna Mitchell, and Coach Johnny.

The fifth grade Onamia Lady Panthers learned a valuable lesson this season on the basketball court: working together as a team pays off.

The team’s coaches — Joe Nayquonabe, Jr., Johnathan “Johnny B” Benjamin, and Pete Braith — volunteered their time on Tuesday evenings and Saturday mornings to help the girls home in on their basketball and teamwork skills. It paid off. Their improvement over last year was impressive.

The tournaments for 2014/2015 were held in Verndale, Pil-lager, Pierz, Holdingford and Ogilvie. With each tournament, the girls improved their defense and offense, as well as their conditioning. In 2013/2014, the Lady Panthers only won two games the entire season; they were still learning the basics.

This season, they won ten games and took home four third place medals. In their final tournament of the year, they left with a second place medal, nearly overcoming the tough Pequot Lakes team.

“We were so close to beating Pequot Lakes and taking first place! It’s amazing how our defense and offense have improved. The shots are better, plays are fast, and the girls are working to make the right decisions,” said Coach Johnny B. “I’m very, very proud of our girls.”

The girls came together as a team and worked hard on learning their plays. Each practice included new drills, work-outs and coachable moments that they took in stride. Coach Pete added, “The girls bought into the philosophy of team play in an attempt to turn around the Onamia basketball program.”

At the end of the season Coach Joe told the girls, “Each one of you was a critical part of this team. Your basketball skills got better, but what really mattered were the life and leadership skills you built. You learned about teamwork, leadership and sportsmanship which will help you in more aspects of your life.”

The players, coaches and parents would like to acknowledge Sandi Blake, District I Representative, and Suzanne Wise, Commissioner of Education. Sandi donated the costs for the Lady Panthers’ jerseys, shorts and warm-up suits.

“Because of Sandi’s generous donation, the Lady Panthers looked sharp out there,” said Michelle Benjamin, team manager.

Suzanne Wise, Commissioner of Education, donated the entrance fees needed to play in the tournaments.

“Suzanne attended every game and was one of our biggest fans, along with Sandi,” explained Michelle. “Next season — for sixth grade — we hope to keep the same coaching staff and play in more tournaments.”

Coaches, players, and fans are patiently waiting for next year to start. Some girls are attending camps this summer to sharpen their basketball skills and five girls are currently on a 3-on-3 basketball league out of Zimmerman, MN.

Way to go, Lady Panthers!



Lady Panthers listening intently to their plays and advice from Coach Pete.

Nay Ah Shing Graduates Looking Forward to Future

Toya Stewart Downey and Andy McPartland Staff Writer **Mick Sawinski** Photographer

This May, five seniors will graduate from Nay Ah Shing high school with sights set on the future. The years of studying have paid off for these students, who prove that hard work is rewarded. The five students have enjoyed their time at Nay Ah Shing School (NASS) and will head out into the “real world” with fond memories of their time in high school. Congratulations to the graduates and good luck in the days ahead!



Tahnisha Sam

Age: 18
What’s next after high school: College and long lovely life
Favorite memory of high school: Volleyball and having fun with friends
What you will miss about high school: All of my wonderful friends
What are you most excited about now that you have graduated: Sleeping in and going places I’ve never gone to before
What are your greatest strengths: Being an awesome and funny person



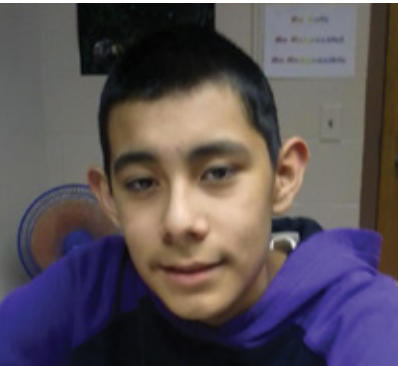
Paige Mitchell

Age: 17
What’s next after high school: Undecided
Favorite memory of high school: Going to Washington D.C and New York
What you will miss about high school: Doing art
What are you most excited about now that you have graduated: Undecided
What are your greatest strengths: Drawing and art



Sage Boyd-Davidson

Age: 18
What’s next after high school: College and a beautiful life
Favorite memory of high school: Spending time with GREAT friends
What you will miss about high school: All the people I’m leaving behind
What are you most excited about now that you have graduated: Traveling the world
What are your greatest strengths: Being a great person and loving what I’ve learned



Jakob Cash

Ojibwe Name: Miizhakwad — Clear Day
Clan: Migizi
Age: 17
What’s next after high school: Going to college at our Nay Ah Shing
Favorite memory of high school: Meeting with nice people
What you will miss about high school: My classes
What I am looking forward to know that I am graduating: Ceremony/dinner
What are your greatest strengths: Drawing/art



Dallas Anderson

Age: 18
What’s next after high school: Plan on getting a job over the internet as well as gaming. Possibly travel to Las Vegas
Favorite memory of high school: The field trips
What you will miss about high school: Seeing friends every day
What are you most excited about now that you have graduated: Purchasing a vehicle, but I’m not sure which model
What are your greatest strengths: I’m happy, awesome, and friendly

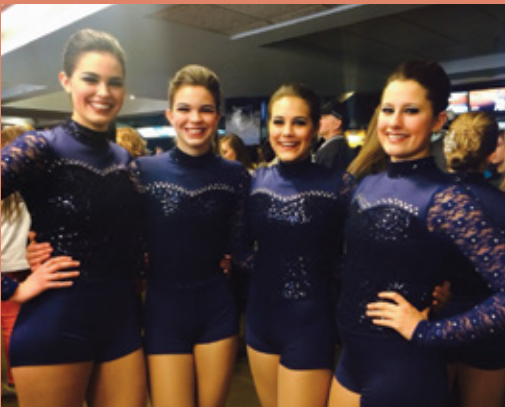
Band Member Graduates Recognized at Banquet

College graduates from the Twin Cities were recognized at the 2014-2015 American Indian Graduation Banquet held on April 24 at Augsburg College.

More than 63 graduates, including 10 Band members, were honored for their achievements including certificates, associate of arts degrees, bachelor of arts degrees, professional and master of arts degrees and doctorate of philosophy degrees.

- Congrats to the graduates and Mille Lacs Band Members:
- Donna Bullchild, Health Information Technology Specialist
 - Solita Reum, General Accounting Certificate
 - Raymond Hart, Associate in Science, Heating, Ventilation and Air Conditioning
 - Yolanda Dorr-Slowey, Associate in Arts in Liberal Arts
 - Ah-Nung Matrious, Associate in Science in Business Management
 - Stephanie Thompson, Associate in Arts in Business
 - Craig Beaulieu, Bachelor of Arts in American Indian Studies, Business Administration Minor
 - Sandra Audie, Bachelor of Arts in Psychology
 - Catherine Colsrud, Master of Arts, Masters of Business Administration
 - Aarik Robertson, Juris Doctor

Duluth Marshall Dance Team State Champions



Jordyn Spry and Jensen Spry (Grand Portage), Clarissa Pedersen (LCO), and Camryn Towle (Mille Lacs).

Camryn Towle is on the Duluth Marshall Dance Team that won first place in the state high school championship.

Interested in submitting to the *Inaajimowin*?
Send your submissions and birthday announcements to Mick Sawinski at mick@redcircleagency.com or call 612-465-8018.

The June issue deadline is May 18.

Gidinwewininaan

Baabiitaw Boyd Gaa-ozhibii'ang



This month's article is about the Headstart children graduating and planning for kindergarten. Miigwech to the community for all of their support.

Mii o'ow waa-ini-dazhindamaan noongom wii-ani-kiizhiikamowaad ingiw abinoojiinyag omaa weshki-maajitaajig gikinoo'amaadiiwigamigong Wewinabi ezhi-wiinjigaadeg. Mii miinawaa dagwaaging wii-izhaawag gaazhiikangig iwid i abinoojiinyi-gikinoo'amaadiiwigamigong iwid Neyaashing. Mii iw niizhtana-ashi-niizho-gonagizid Zaagibagaa-giizis iwapii ge-giizhiikamowaad.

Niwenda-minwendaamin gii-kashkitooyaang gikinoo'amawangidwaa ingiw abinoojiinyag miinawaa aabiding o'ow noongom gikinoonowin. Naa biinish gaye ozhitooyaang o'ow abiwin enaabadak ge-tazhi-gikinoo'amawindwaa ongow abinoojiinyag o'ow akeyaa Ojibwemong. Ishke geget nawaj onisidotaanaawaa i'iw gidinwewininaan ayeshkam-igo ani-nitaa-ojibwemowag. Odaabaji'aawaan inow odasemaawaan ingiw abinoojiinyag endaso-giizhig miinawaa ogikinoo'amaagoowaan ezhinikaazonid inow manidoon. Wenda-minwendaagwad o'ow da-apiitendamowaad ingiw abinoojiinyag ezhi-anishinaabewiwaad.

Nimaajii-dazhiikaamin i'iw gikinoo'amaadii-mazina'iganan ge-inaabadakin wii-ni-niigaani-gikinoo'amaagoziwaad ingiw abinoojiinyag endazhi-maajitaang. Geyaabi-igo nimawanjii'idimin da-ozhitooyaang i'iw.

Giwii-miigwechiwi'ininim gaye giinawaa gakina gaa-wiidoowakwiyaang miinawaa imaa niigaan, nawaj da-gashki'ewiziyang da-gikinoo'amaageyaang o'ow akeyaa aabajitooyaang gaa-izhi-miinigoowiziyang da-inweyang.

Powwow Stories



If you are a dancer, singer, do beadwork or make dresses and other clothing for powwows we'd like to hear from you. We would like to share your stories in the *Inaajimowin* in the coming months. Email Mick at mick@redcircleagency.com or call 612-465-8018.

U, Tribe Aim to Improve Native Diets

Charlie Bartlett Minnesota Daily

Health problems tied to poor diets and nutrition have persistently plagued Native American communities across the country.

To help alleviate this issue, the University of Minnesota is partnering with the Shakopee Mdewakanton Sioux Community (SMSC) in its \$5 million "Seeds of Native Health" campaign to improve the health and nutrition of indigenous people nationwide.

Research has shown that poor nutrition has led to increased rates of obesity, diabetes and chronic health problems in Native communities.

Diabetes is one of the leading causes of death among American Indians and Alaska Natives, according to the U.S. Department of Health and Human Services Office of Minority Health.

The campaign will address these issues by improving health programs that are already in place and funding new research to identify what types of programs could be created to alleviate the health disparities, said SMSC secretary and treasurer Lori Watso, who championed the idea for the campaign.

She said she hopes individual Native communities will then use the programs and apply them to their specific health needs.

Watso said her background in public health and education, along with the work she's done related to healthy food in her community, has given her an insight into the health issues Native communities are facing, especially regarding their diets.

"Through all of that work, I've seen firsthand the detrimental effects of poor nutrition," she said. "I've really come to believe that our nutrition is the foundation for everything."

Lori Watso said SMSC selected the University as a partner because of the school's work in related research and ability to better understand issues at a national level.

College of Food, Agricultural and Natural Resources Sciences (CFANS) Dean Brian Buhr said the college has worked with the Shakopee Mdewakanton Sioux Community in the past.

The school has also done nutrition-related research and

programming across diverse populations, and Buhr said he hopes CFANS can use that research as a starting point in the partnership.

He said the University's role in the campaign will likely be to research strategies to improve Native nutrition and assist in planning a series of annual conferences on the topic.

Though Buhr said the partnership's specifics are yet to be defined, he said the University has started identifying and uniting people who are doing similar research.

"[Change] does require true partnership," Buhr said. "I think that's the exciting part — to have that opportunity to think about how we can really work together to create some solutions to this."

In addition to partnering with the University, SMSC is working with nonprofit organizations First Nations Development Institute and the Notah Begay III Foundation. Both have a history of working to solve nationwide Native health issues.

First Nations Development Institute President Michael Roberts said his Colorado-based organization has a large portfolio in food systems initiatives and a history of research and policymaking. In 2012, the nonprofit gave \$905,000 in grants to organizations aimed at improving health in Native communities.

SMSC secretary-treasurer Watso said she's hopeful that the campaign will finally begin to address some of the issues that have been present in Native communities for many years.

"Native people are so disproportionately affected in all health and socio-economic indicators," she said. "And if we can improve nutrition, then we can address some of these acute — and especially the chronic — health problems that Native communities face every day."

This originally appeared in the Minnesota Daily and was reproduced with their permission.

Chiminising Niigaan Program Holds Alcohol Awareness Pizza Party

Shawn Willis Chiminising Niigaan Youth Coordinator

April was Alcohol Awareness month so the Chiminising Niigaan program held its first Annual Alcohol Awareness Pizza Party on Friday, April 17.

Representatives from several local organizations collaborated to produce the event: Kimberly Sam, Prevention Specialist for the Mille Lacs Band of Ojibwe; Officer Bob Cooper and Chief Mark Reichel of the Isle Police Department; Byron Ninham, Co-Chair for the Mille Lacs Partners in Prevention; and Jamie Root-Larson, P&I Coordinator Assistant and Mille Lacs Area Partners in Prevention Media Consultant.

Over 70 young adults were present for the prevention awareness activities. The youth were divided according to age, allowing the presenters the opportunity to be age-appropriate in presenting their subject matter. Attendees came away with new knowledge on the effects alcohol has on the body, along with healthy alternatives to using alcohol.

"It's great to see organizations coming together for a good cause and to share positive aspects of their work and our community," Byron said. "It's good to share the knowledge with the youth. We're all working together toward the same goal."



Kimberly Sam, Mille Lacs Band Prevention Specialist.



Over 70 young adults were present for the prevention awareness activities.

Adopt-a-Shoreline Returns: Let's Clean Up the Lake

Sarah Barten Mille Lacs Corporate Ventures Public Relations Manager

In an effort to reduce trash around the shoreline of Lake Mille Lacs, interested individuals, organizations, resorts and groups are invited to participate in the third annual "Adopt-a-Shoreline" (AAS) program on Sunday, May 17. Last year, more than 2,160 pounds of trash were collected along the shoreline. This year, our goal is to grow those efforts and continue that success.

This is why we need your help! Whether you donate 10 minutes or two hours of your own time, any little bit goes a long way. All volunteers this year will receive a commemorative AAS gift and efforts will once again count towards a Company Choice with Medica.

If interested, here is what you need to do:

1. Contact Dayna Pearson at ext. 8175 or **dpearson2@grcasinos.com** to commit to volunteering. Be sure to include your name, department, badge number and contact number.
2. We'll arrange a time to fill out a participation form and give you supplies. At that time, you will receive information about recommended shoreline clean-up areas as well as trash drop-off sites.



3. Clean one of the recommended shoreline clean-up areas on May 17 anytime from 9 a.m. to 3 p.m.
4. Dispose of the trash by 3 p.m. on May 17 at the designated trash drop-off sites. Grand Casino Mille Lacs will properly dispose of it.

Thank you in advance for your participation! More information will be included in upcoming issues of the Associate newsletter.

Learn more at adoptmillelacs.com.

Lake Mille Lacs Job Fair a Success

Over 170 job seekers attended the first Lake Mille Lacs Job Fair on Tuesday, April 7. The event featured representatives from over 30 employers from the area. "I'm very happy this is happening," Chief Executive Melanie Benjamin said. "Our region has a lot of opportunities."



Chief Executive Melanie Benjamin, Jeremy Hanson-Wilson, the Deputy Commissioner of DEED, and Michele Palomaki, Assistant Commissioner of Administration.

Wanted: Youth Powwow Dancers

Do you love to dance at powwows? Would you like to represent your community at other powwows for a year? Would you like to be a role model for other youth? If yes, you could be a great candidate to run for Royalty.

Be a contestant at the 49th Annual Mille Lacs Band Traditional Powwow Royalty Contest (August 21 – 23, 2015).

Candidates must be: 6 – 18 years of age and a Mille Lacs Band member, or a direct descendant of a Mille Lacs Band member.

Jr. Brave and Jr. Princess: 6 – 12 years of age

Sr. Brave and Sr. Princess: 13 – 18 years of age

The deadline to sign up is August 1, 2015, but we recommend that you sign up early so you have plenty of time to complete your required hours for Cultural activities.

For more information and application packets please contact Chasity Gahbow at 320-532-7486 or email Chasity.Gahbow@millelacsband.com.



Grand Casino Hinckley Named Best Casino in MN



In their recent "Best of the Twin Cities" issue, City Pages named Grand Casino Hinckley the "Best Casino"! Congratulations to all of the employees that make the Hinckley location a true gem.

Nay Ah Shing Summer Food Service Program

Nay Ah Shing School on the Mille Lacs Band of Ojibwe Reservation would like to announce their participation in the Summer Food Service Program again this summer.

Meals will be served free of charge to all children ages 1 – 18, without regard to race, color, national origin, sex, age, or disability, at no charge. Meals meet nutritional standards established by the U.S. Department of Agriculture (USDA).

Meals will be provided Mondays through Fridays, starting June 8, 2015 through August 14, 2015 with the exception of July 3, 2015 at:

Nay Ah Shing High School
43651 Oodena Drive
Onamia

Breakfast will be served from 8:15 a.m. to 9:30 a.m.

Lunch will be served from 11:30 a.m. to 1 p.m.

USDA is an equal opportunity provider and employer.

The People of the Big Lake Broadcast

The People of the Big Lake documents the traditions of the Mille Lacs Band of Ojibwe, shown in historic film footage and today.

Check out the documentary on The MN Channel, tpt MN Channel 2.2.

Saturday, May 30: 3 a.m., 9 a.m., 3 p.m., and 9 p.m.

For more information visit:
tpt.org/?a=programs&id=22577

Congratulations!

Congratulations to all Band members and Band descendants who are graduating from high school and college this year. Graduating is one of the many great accomplishments you'll have during your lifetime.

In this month's paper and in the June *Inaajimowin* we are recognizing high school graduates from the districts and metro area. If you are graduating from high school or college and wish to be recognized, please contact Mick at mick@redcircleagency.com or call 612-465-8018.

Making the Most of the College Experience

Toya Stewart Downey Staff Writer/Photographer

Her ultimate goal is to one day be an elected leader for the Mille Lacs Band of Ojibwe. Until that happens Ah-Nung Matrious has a few other big things she wants to cross off of her to-do list.

One of those big things will happen later this month when Ah-Nung graduates from Minneapolis Community and Technical College (MCTC) with her Associate of Science Degree. After that comes pursuing a Bachelor's degree, followed by a Master's degree, she said.

Though she knows what direction she wants her life to take now, it wasn't always that way.

Ah-Nung grew up with her family in Sault Sainte Marie, Michigan. That's where she lived for most of her early life except for a few years when she attended the Flandreau Indian School. After high school, Ah-Nung earned a certificate as a first responder; back then she thought that might be her career.

Still she wasn't sure if that's what she really wanted to do. She moved to the Lake Lena area to live with her grandfather, Lawrence "Larry" Matrious and for a while worked at a few jobs, including as a blackjack dealer at Grand Casino Hinckley.

Besides working, Ah-Nung was heavily immersed in the Ojibwe culture. She spent time teaching young people how to fish, helped at the sweat lodge that was in her grandfather's back yard and participated in the big drum ceremonies. After her grandfather passed she continued to live and work in the area, but wanted to do something more.

She decided that going to college was the next step she wanted to take.

"When I came to the cities from the small Lake Lena community I didn't know much about what it was like to attend a school in the city," she said. "I was nervous, but I found out that a lot of students at MCTC come from small towns and reservations, so I knew I wasn't the only one who was nervous."

She also knew that she wanted to be successful. When Ah-Nung crosses the stage to receive her degree on May 21, she will have maintained a 3.3 grade point average, been the first Native American president of the Student Senate, and she was also the president of the American Indian Success program.

She has held leadership roles in UNITE, which is a student organization that is part of the American Indian Success

program. Last year, while serving as the interim secretary for UNITE, she helped coordinate the first ever inter-club collaboration between UNITE and Xicanos Latinos Unidos (XLU)

"I also helped coordinate the largest collaborative event on campus which was an 'End of the year BBQ/Round Dance' which included nine other student organizations and served more than 350 students.

"I've also helped lead a Student Senate initiative on campus whose aim is to work with the Administration to furnish a viable child care center for students with child care issues, as a means to increase enrollment and retention rates."

She added that the college's administration has designated a research committee to explore the idea and are considering a \$500,000 – \$1,500,000 renovation on campus and an additional resource center for students with children.

"The purpose of the collaborative events was to pull our Native students out of their comfort zones and introduce them to students of other ethnic backgrounds as a way to help them network, and gain more of a general sense of comfort here on campus," she said. "To create more of a 'community' feel because students who are more active on campus feel more comfortable, and studies show that students who feel more comfortable on campus tend to do better academically."

Ah-Nung also took the lead to coordinate UNITE events on campus including a night of music and poetry, the winter storytelling event and the end of the year picnic and round dance that celebrates the accomplishments of the Native American graduates from MCTC."

In April, Ah-Nung was recognized as one of the recipients of the Excellence in Leadership Award that is given by the college. As the president of the Student Senate she has worked with the deans, vice president and president of the college.

She helped plan the first-ever diversity conference, called the Inclusion Experience, that was designed to help students from different cultures learn to understand each other.

"When I came down here I was shell-shocked and I didn't know about people's customs or what was the best way to respect their cultures," she said. "I didn't know if I was supposed to shake hands with males or make eye contact with people from other cultures."



Ah-Nung Matrious

"I didn't want to offend anyone and I wanted people to understand my culture," she said. "During the Inclusion Experience, we were in a safe environment to ask each other questions and to learn from each other."

Ah-Nung will continue her own learning as she explores what college she will attend next to complete her Bachelor's degree. She eventually wants to attend Southeastern Oklahoma State University in Durant, where she wants to pursue a Master of Science degree in American Indian Leadership. For now, she'll work and save money to help cover her tuition.

After graduation Ah-Nung is planning go back to Lake Lena, or spend as much time there as possible: "I'm not much for the city life," she says. She will continue to learn and practice the Ojibwe language, participate in the big drum ceremonies, visit family and attend powwows.

As she has pursued higher education Ah-Nung said she is especially grateful for the encouragement and love she's received from her parents, Band member Brian Matrious and mom, Susan Henry, a member of the Sault Sainte Marie Tribe of Chippewa Indians. And for the support of her other family members including her aunties, Lauren Matrious, Bonnie Matrious and Robin Fredericks and her uncle Nelson Fredericks.

Band Member Following Dream to Florida

Toya Stewart Downey Staff Writer **Mick Sawinski** Photographer

When Band member Laikora Thompson graduates from Hinckley-Finlayson High School at the end of this month, she'll finish her high school career as an honor roll student who has earned all A's.



"My mom is my role model. She's strong and has a 'go for it' attitude." — Laikora Thompson.

Laikora, 18, has been a member of the National Honor Society since her sophomore year and has earned the highest letter grade possible since the seventh grade. And while she admits to spending most of her time studying, she also finds time to do other things — like mentor other students.

"I'm part of the Wiidoo program that helps tutor kids in Lake Lena and in Hinckley," she said. "Besides tutoring, I do community service at the Hinckley food shelf."

During her high school years, she also played basketball and softball, and while the sports and other activities are fun, Laikora said she would rather read or spend time studying.

"Art is my favorite subject and I have two art classes right now that I adore even though art didn't come easy to me," said Laikora. "I barely have any drawing skills but I've been working super-hard in art so in a month I've progressed in my drawing ability and I feel proud."

Laikora, the oldest of Wanetta and Anton Thompson's three daughters, said her sister Kyras, 16, is a really good artist. That made her want to work on her own skills.

In the late summer Laikora will leave home for the first time to attend college at Full Sail University in Winter Park, Florida,

where she will study music production. Her goal is to own a record production company.

"I've never lived away from my family before so it's a big step, but I'm excited about it. And nervous."

Before deciding to focus on a career in the music industry Laikora said she considered a career in medicine.

"I always wanted to be a surgeon or something and then I took an anatomy class," she said. "I decided it wasn't for me. Anatomy is interesting and gross at the same time."

Though she seemed to easily grasp and understand what was taught in school, Laikora said she always tried to do her best.

"My mom always told us to strive for our best," she said. "My mom is my role model. She's strong and has a 'go for it' attitude."

"So I've tried to do my best because my mom encouraged me to. I try to encourage my sisters, Kyras and Tourrie," she said. "I tell them to find someplace at home or at school where they are comfortable studying and to do their best."

Commissioner of Finance, Solicitor General Sworn Into Office

Mick Sawinski Photographer

Todd Matha and Adam Valdez were sworn into office in the Band Assembly chambers on Wednesday, April 29. Adam was sworn in as Commissioner of Finance and Todd was reappointed as Solicitor General for a second term.



Todd Matha being reappointed as Solicitor General.



Adam Valdez being sworn in as Commissioner of Finance.

Minisinaakwaang Leadership Academy Commemorates Dedicated Graduate

Congratulations to Alexander George Crazy Thunder on his high school graduation from Minisinaakwaang Leadership Academy (MLA). Celebrated in a ceremony held on April 26, George graduated early after taking many of his courses online. He attended the school since the first year it opened.

“I was so happy to speak at the graduation of Alexander George Crazy Thunder,” said Chief Executive Melanie Benjamin. “He is our first graduate to go all the way through MLA from the first year of opening through graduation, and I am so proud of him!

“Congratulations to his mom, Dawn Aubid, his Uncle Niib and the entire family who nurtured and supported him through his successful education,” Melanie said. “A scholar and a talented musician, George is off to do great things!”



Alexander poses with his mother, Dawn Aubid, Chief Executive Benjamin, and his uncle Niib Aubid, District II Representative.

More Graduates Featured in Next Month's *Inaajimowin*



Onamia High School graduates — and other Band members or relatives not included in this issue — will be featured in our June newsletter.

Do you have a graduate that should be mentioned?
Email mick@redcircleagency.com or call 612-465-8018.

Ceremonial Dance Dates

Lee and Larry May 8 and 9 Lake Lena	Bob and Perry June 5 and 6 Mille Lacs
Joe & George May 22 & 23 Mille Lacs	Vince and Dale East Lake June 5 and 6
Niib May 29 and 30 East Lake	Tim and Tom East Lake June 12 and 13



Manaajitoodaa Iniw Zaaga’iganiin Miinawaa Iniw Ziibiwan Let’s Respect the Lakes and the Rivers

Lee Staples Gaa-Anishinaabemod Obizaan **Chato Gonzalez** Gaa-Anishinaabewibii’ang Ombishkebines

Ingiw Manidoog gigii-miinigonaanig ge-inanjigeyang biinish gaye ge-ni-aabajitooyang megwaa maa babizhaagiyang omaa akiing. Mii ingiw giigoonyag waa-tazhimagig, mii ingiw bezhig gaa-miinigoowiziyangig da-amwangwaa.

The Manidoog gave us things to eat and to use while we are on this earth. One of those things that we were given to eat by the Manidoog was the fish. That is what I am going to talk about.

Ishkemewinzhaa a’aw Anishinaabegaa-ayaad,gegetogii-chi-apiitendaanawegonenigo inow Manidoon gaa-miinigojin da-ni-maamiiid maagizhaa gaye da-ni-aayaabajitood. Ishke dash omaa noongom a’aw wayaabishkiiwed geget ginishwanaaji’igonaan. Ishke wiin a’aw wayaabishkiiwed, gaawiin odapiitenimaasiin inow giigoonyan. Ishke mii i’iw wiin ezhichiged a’aw chi-mookamaan ani-odaminwaanaad inow giigoonyan gagwe-aada’waadiwaad awewen nawaj waa-mindidonijin giigoonyan ge-debibinaajin naa awenen nawaj nebowa giigoonyan ge-biinaajin.

Long time ago the Anishinaabe really valued and respected everything that was given to them by the Manidoog to eat and to use in their daily lives. The influence from the white man is causing us to stray from our original teachings. The white man does not have the same respect for the fish that our people have. What the white man is doing is making a sport out of fishing, competing with one another to see who can catch the biggest fish, and who can bring in the most fish.

Ishke dash noongom nebowa a’aw Anishinaabe ezhichiged ogikinaaabamaan inow wayaabishkiiwen ezhichigenid. Ishke mewinzha a’aw Anishinaabe gii-paa-nooji’aad inow giigoonyan, mii eta-go minik gaa-piinaad inow giigoonyan weweni-go da-ashamaad inow waaj’ayaawaajin naa biinish da-ni-maamiinaad ani-mikwenimaad inow gechi-aya’aawiniin gaye wiinawaa giigoonyan da-amwaawaad.

So what is happening today is a lot of our Anishinaabeg is copying what the white man is doing when it comes to our fish. In the past when our Anishinaabe went fishing, they only brought enough fish to feed their family, and to feed some of the Elders in the community so they had fish to eat also.

Ishke dash noongom aanind ingiw Anishinaabeg ani-izhichigewaad, mii imaa ani-agwanaji’aawaad inow owiiji-bimaadiziimiwaan. Ikona aapideg minik inow giigoonyan waa-gwaawebinaawaajin ani-giiewewinaawaad. Mii dash iwidi dagoshinowaad ani-mashkawaakwajimaawaad wenda-baapaagashkinidoowaad odakisijiganiwaan weniban iko da-maada’oonaawaad inow geshki’aasinijin da-ondinamaadizonid inow giigoonyan.

What is now happening is that some of our Anishinaabe are becoming selfish and greedy and taking away fish from others in the community. It is incredible the number of fish that they will catch and take home with them. When they get home they freeze their fish and practically overload their freezers and not even think about giving out that fish to those who are unable to fish for themselves.

Gaawiin igo ominwaabandanziinaawaadog ingiw Manidoog waabamaawaad inow Anishinaaben ani-izhichigenid o’ow akeyaa. Ishke mii i’iw eshkam wenji-bangiiwagiziwaad ingiw ogaawag omaa Misi-zaaga’iganiing naa anooj iniw zaaga’iganiin ani-ayaamagak.

The Manidoog must not approve of the greediness of some of our people. This is one of the reasons why we have so few walleye in Mille Lacs Lake and in our other lakes these days.

Ishke dash noongom mii i’iw ezhichigeng, mii imaa ani-inaakonigeng minik ingiw giigoonyag ge-gwaabiiginigaazojig imaa zaaga’iganiing. Ishke dash giishpin ani-izhichigesing, mii-go omaa da-ni-jaaginanigaazowaapan ingiw giigoonyag. Ishke mii-go omaa a’aw chi-mookamaan naa-go gaye aanind ingiw Anishinaabeg da-ni-agwanaji’iwewaad chi-nebowa minik inow giigoonyan da-giiewewinaawaad gomaapii dash da-ni-jaachaaginanaawaapan inow giigoonyan. Naa gaye aanind a’aw Anishinaabe mii-go imaa jaachaaginanaad minik gaa-inaakonigeng minik inow giigoonyan ge-mamaajin. Ishke dash imaa onzaami-mamaad inow giigoonyan, mii imaa ani-makamaad iniw mashi gaa-wewebanaabiisinijin naa gaye inow gaa-pagidaabiisinijin.

It is the reason why we have a bag limit set on most of our lakes limiting the number of fish that can be caught. If a bag limit is not set what will happen is our fish supply will be depleted. Without a bag limit, what will happen is the white man and some of our Anishinaabe will be greedy and continue taking large numbers of fish home and eventually deplete our supply of fish. Also, some of our Anishinaabe go beyond the number of fish that are allowed to be harvested, so what happens is the other Anishinaabe that come along to fish or net later on do not even get the opportunity to fish, because those before them have exceeded the allotted amount of fish to be taken.

Booch da-wii-manaajitooyang iniw zaaga’iganiin biinish igo gaye iniw ziibiwan. Ishke ezhichiged a’aw wayaabishkiiwed miinawaa aanind a’aw Anishinaabe, mii imaa anooj gegoo ani-apagidang imaa nibiikaang dibishkoo igo imaa apagiji-ziigwebinigid imaa zaaga’iganiing miinawaa imaa ziibing megwaa imaa babaamishkaad.

We have to treat our lakes and rivers respectfully. What the white man and some of our Anishinaabe do is throw their garbage into the water using the lakes and the rivers as a dumping ground as they are out there in their boats.

Mewinzha iko gii-wenda-biininaagwad i’iw nibi imaa zaaga’iganiin naa ziibiwan. Ishke dash eshkam ani-wiininaagwad i’iw nibi. Mii imaa wenjikaamagak anooj apagijigaadeg imaa nibiikaang. Ishke i’iw noongom ani-amwangwaa ingiw giigoonyag, mii-go imaa ani-maamiiiyang waaninaagwak epagijigaadeg imaa nibiikaang.

Years ago the water in the lakes and the rivers was clean. Now what is happening is the water is getting dirtier and dirtier. That comes from people trashing those lakes. As we eat the fish today we are eating all the trash that was thrown into the water.

Ishke eshkam nigosaag ingiw giigoonyag wenjida ingiw giigoonyag eni-maamaganjigegig imaa dabazhish imaa zaaga’iganiing wenjida ingiw maanamegwag naa ingiw namebinag. Ishke aaningodinong gibi-noondaamin naa gaye giwaabamaanaanig gii-mazinaakizondwaa ingiw omakakiig niizhoshtigwaanewaad. Mii i’iw enikaagowaad i’iw waanak imaa wenjikaamagak anooj eni-izhaamagak imaa nibiikaang.

More and more I am scared to eat the fish especially those that are scavengers and eat off of the bottom of the lake, as an example the catfish and the suckers. Every now and then we hear about and see photos of frogs that have two heads. The mutation comes from all the pollution that goes into our waters.

Ishke nebowa i’iw bimide onjikaamagad iniw waasamoo-jiimaanan ani-aabajichigaadeg imaa nibiikaang. Mii gaye wenji-wiininaagwak i’iw nibi imaa zaaga’iganiing naa ziibing. Ishke mii gaye gagaanzomindwaa bemaadizijig da-biinitoowaad weweni anaamay’ii ojiimaaniwaan. Ishke ingiw wayewebanaabiiig anooj igo babaa-izhaawaad babaamishkaawaad, ishke biinitoosigwaa weweni ojiimaaniwaan, mii imaa anooj da-ni-baabiidoowaad omaa akeyaa da-ni-baabiinaawaad inow mayagi-esensan naa anooj eni-maajiiging iniw bakaan ingoji zaaga’iganiin. Ishke dash mii imaa biidoowaad ge-nisigowaad gigiigoonyiminaanig omaa akeyaa eyaajig.

There is a lot of oil in our waters that comes from the use of motorboats. That is also a source of pollution in our waters. People are encouraged to clean the bottom of their boats. These fisherman travel far and wide to do their fishing. If they do not clean their boats properly they bring to our area zebra mussels and foreign plant growth. They are bringing things that will kill off our native fish.

Ishke gaye ezhichigewaad aanind besho endanakiijig imaa nibiikaang, mii imaa anooj atoowaad omaa akiing aana-wii-ayaamowaad da-dadaatabi-maajiiging iniw mashkosiinsan naa gaye getigaadamowaad, azhigwa dash gimiwang, mii dash imaa niisaabaaweg imaa gaa-atoowaad ani-biindigejiwang idash imaa zaaga’iganiing besho imaa eyaamagak. Ishke dash anooj imaa achigaade i’iw etoong da-dadaatabi-maajiiging gegoo. Ishke mii i’iw gaye eni-nitoomagak gakina imaa eyaamagak

imaa zaaga’iganiing. Ishke gidinigaa’aanaanig giniijaanisinaanig miinawaa goozhishenyiminaanig niigaan eyaajig. Mii eta i’iw waanaagamig nibi ge-ni-ayaamagak giniigaaniiminaang.

What is also happening is those who have property along the lake shores will use fertilizers to enhance the growth of their lawns and their crops. When it rains the chemicals from these fertilizers flow into the lake nearby. There is a lot put into those chemicals to enhance plant or crop growth. The contents from those chemicals are harmful to our waters and kill everything within the lake. We are hurting our children and our grandchildren in their future. We will only have polluted waters in our future.

Ishke mii i’iw ge-mikwendamang gaa-izhi-gikinoo’amaagoowiziyang aaniindi-go ani-waasaabikideg i’iw nibi imaa zaaga’iganiing ziibiing Manidoog imaa ayaawag. Gii-kwiiwizensiwiyaan ingii-igoo, “Akawe imaa gidaa-ni-noogitaa asemaa da-asad dabwaa-odaminoyan imaa nibiikaang, maagizhaa gaye dabwaa-wewebanaabiyan, maagizhaa gaye dabwaa-manoominikeyan imaa. Mii imaa weweni da-ni-doodawad a’aw Manidoo imaa nibiikaang.” Ingii-igoo gaye imaa baa-odaminoyaan zaaga’iganiing, “Gego anooj izhichigeken, gidaa-manaaji’aa Manidoo imaa eyaad imaa zaaga’iganiing.”

We have to remember our teachings as Anishinaabe, that in every lake and river there are Manidoog that exist within that body of water. When I was a young boy I was told, “Take the time to stop and put your tobacco before you go out and play in the water, before you go out

and fish, or before you go out and harvest wild rice. By doing this you are being respectful to the Manidoog within those waters.” I was also told when I was playing in the lake, “Do not be doing crazy things out of respect to the Manidoo within that lake.”

Ishke i’iw chi-zaaga’igan Misi-zaaga’igan Manidoo imaa ayaa imaa zaaga’iganiing gaa-pi-wiindamaaged da-mikwenimind asemaaked a’aw Anishinaabe wiindamaaged gaye wiin. Ishke noomaya nigii-wiindamaagoo gaye i’iw asiniyo-minis Manidoo gaye wiin imaa ani-naadamawaad inow Anishinaaben. Ishke dash mii i’iw noongom wenendang a’aw Anishinaabe maagizhaa gaawiin ogikendanziin da-wii-manaaji’aad inow Manidoon imaa nibiikaang eyaanijin. Ishke geget ani-wiinitoowaad iniw zaaga’iganiin ziibiwan gegetodinigaatoonaawaan miinawaa omaazhi-doodawaawaan inow Manidoon imaa eyaanijin. Gaawiin gegoo da-bimaadiziimagasinoon omaa Mandoo odakiiming ayaamagasinok baanaagamig i’iw nibi.

We have to remember that within Mille Lacs Lake itself there is a Manidoo that came forward to say that he/she wanted to be remembered whenever Anishinaabe put their tobacco and would be available to help our people. It was just recently that I was told that there is a Manidoo on the rock island that exists on that lake that will also help our Anishinaabe. Nowadays Anishinaabe seem to forget or just do not know that we have Manidoog that live within our bodies of water that have to be treated respectfully. When we pollute these bodies of water, we are hurting these lakes and rivers and are disrespectful to the Manidoog that are within those bodies of water. Nothing will live or exist on this earth without clean water.



Chiminising Elder Shaped by Cultural Ways

Brett Larson Staff Writer/Photographer

Marie (Sam) Gudim is a living bridge to a simpler time, when Indian people lived off the land in close-knit communities, when wise men knew how to gather medicine from the woods and use it to heal.

Marie grew up in the Chiminising community near Isle in a tar-paper shack built by her parents, John and Maggie Sam. She and her siblings — Amelia, Doris, Leonard, Earl and Ben-nie — learned the old ways from parents, grandparents, aunts and uncles.

The community was like an extended family, including Ole and Marge Sam, and Frank and Ida Sam. “Everyone was poor,” she recalls.

Families hunted for food and made money by trapping and by selling birch bark baskets along the highway in the summer. The game wardens looked the other way if her father or the other men killed deer out of season. “They didn’t do anything

to my dad when he got a deer because they knew he had a family to feed.”

They would sell meat to tourists from the Cities, and also make money from the fur of muskrat, mink, beaver and weasel.

The men would also net fish. “Even when they couldn’t, they did,” she says. “The game warden didn’t bother them.”

When someone got sick, they’d go get John Mink, the In-dian doctor. He’d pray and swallow bones, sitting on the floor of her parents’ home. “He made people well,” Marie says. “I don’t know how he did it, but he did. They’d get well, the ones he was doctoring.” People would come all the way from Wis-consin for John Mink’s healing medicine. John Mink and John Sam were the last of the great healers, Marie says. They didn’t readily share their knowledge of medicine, so it was lost when they died.

“This is the old sugarbush,” she says, remembering her mother, who would boil the sap into sugar and sell it to Herb Nyquist, the grocer and missionary from Isle. Herb was reluctant to buy the sugar, but Maggie would tell him, “If you don’t buy my sugar, I won’t buy your groceries.”

Herb Nyquist also bought the wild rice Marie picked. “He al-ways came after our rice because he said we were good pickers. They were always after us to get our rice because our rice was never dirty.”

Marie’s favorite memories are of ricing in the fall. Marie was a champion ricer — a skill she learned from her mother.

“I used to rice in Rice Lake ref-uge,” she says. “I riced there for years. I was the top picker there.” Her secret? “Just work hard and don’t stop. You gotta keep going.”

They would camp at the lake with Indian people from all over the state. Some years the others didn’t want her there. “They were pretty stingy,” she says with a grin. “They kept me out for a while because I was a good picker.” She remembers picking 500 pounds with her brother and making a thousand dollars for a day’s work.

They harvested rice from Lake Onamia to Ann Lake, from Garrison to Glen.

Her son James would jig it barefoot, and they would bring it to a man in Glen for processing.

“After ricing all day they’d go home and clean up and then dance around the drum,” Marie says. “I wouldn’t do that.” She would sit on a bag of rice, saving her energy for the next day.

One year Marie and Oliver went to Canada to rice, on a trip organized by Sherman Holbert, a local businessman who profited from Band members’ ricing and syruping efforts.

Although they were told to speak English when they went to school in Isle, Marie and her siblings grew up speaking Ojib-we at home,. She still knows the language, though there aren’t as many people around to speak it with.

She graduated from Isle in 1955, then raised her family with Oliver Benjamin. Oliver worked for the highway depart-ment. “I didn’t let him sit around,” she says. “I made him work. Marie worked, too, in the schools and at the factory where the casino is now.

In the 1980s, she ran for District II Representative and won. She enjoyed her time in the Band Assembly. “I had my own car,” she says. “I would go to where the people were and talk to them.”

Marie lives now with husband Jack Gudim in a home in the Chiminising community. They raised their children — Jacklyn, Julie, John and James Benjamin — in the community she’s lived in all her life, where her ancestors had developed a close relationship with the land. It’s a relationship she still feels and celebrates.

“I could do it again today if I had to,” she says. “It’s hard to rice, but I liked it so it didn’t bother me. Those were the good old days.”



Marie Gudim with a birdhouse built by her father.

From Government to Casinos — Living History with Doug Sam

Brett Larson Staff Writer/Photographer

No matter what was happening in the tumultuous days of the 1970s through the 1990s — changes in government, the advent of casino gambling, a lawsuit over treaty rights — Doug Sam was there, and he usually had a hand in it. Fortunately for today's Band members, he's still around to tell the stories, and he's still serving his community.

Doug was raised in the Vineland area, but he spent a lot of time with his grandparents, Mike and Annie Sam, in Isle. He slept on a bedroll on the floor. From his grandparents he learned the old ways of the Anishinaabe. "They taught me everything," Doug says. "Maple sugar, ricing, birch bark — we learned by example."

Doug graduated from Onamia High School, where he and his brothers Bruce and Fred were athletes. His mother Maggie worked at Harry Ayers's trading post and Fairway Market in Onamia until she retired.

Coming home

Doug moved to Minneapolis and later California, eventually spending 25 years as a steelworker for Consolidated Western Steel, which later became United States Steel Corporation, and Triple A Shipyard. He was working on a dam in San Luis Obispo, California, when Kennedy was shot. He also worked on the Transamerica Tower in San Francisco, the Bay Area Rapid Transit (BART) and the Alaska Pipeline.

He split from his wife in California, but when she decided to move home to Minnesota, Doug agreed to pull the trailer back to Minnesota. Doug hooked a trailer to the Ford Fairlane with every intention of going back to California, but his wife wasn't having it.

He was three years from retirement with the union, but he gave up his full pension and stayed in Minnesota. "I had to grin and bear it," he says.

Sadly, his wife died of cancer two years later, and he also lost four of his six kids — two daughters to cancer and two sons to car accidents. Doug believes his wife and daughters may have died from exposure to asbestos, which he brought home on his work clothes.

"I don't know why I'm still alive," he says.

Separation of Powers

When Doug got home, he went to the union hall in Minneapolis, and they sent him to work for Standard Iron Works. He commuted to the Twin Cities from his home at Mille Lacs. Eventually he hurt his shoulder and took a job with the Band's education department.

At the time, his mother was the Band's secretary/treasurer. When she passed away in the late 1970s, Doug was voted in to fill out her term. He was reelected and served seven years in tribal government. One of the first things he did was to consolidate the Band's accounts and create the Office of Management and Budget.

When Doug became secretary/treasurer, the Band government was still a Reservation Business Committee, or RBC. The Separation of Powers system in place today came about largely through the actions of Doug and the others in government at the time: Chairman Art Gahbow and District Representatives Marge Anderson, Julie Shingobe and George LaFate.

The Separation of Powers idea initially arose as part of a federal grant to the Minnesota Chippewa Tribe (MCT) to develop a new constitution. The MCT board chairman asked all member tribes to come up with a draft constitution at the next quarterly meeting. Doug went home and organized meetings with elders, who developed the model. He chose 15 people from different factions across the Band. He recalls that among those on the committee were A.J. Nickaboine, Georgianna Day, Beatrice Mitchell, and Betty Sam.

Doug brought the draft constitution back to the MCT quar-

terly meeting and gave copies to all the other tribes and staff members from various agencies. None of the other tribes had brought a draft. Still, they all proceeded to criticize the Mille Lacs draft. Doug said to the chair, "Mr. Chairman, how much authority do you have?" The man giggled, and Doug said, "You instructed each tribe to come back with a draft constitution at the next quarterly meeting. No one else has a draft, but you sit here criticizing our draft. I want all the copies back, and I'm going back to Mille Lacs."

Art Gahbow said, "I'm going with him."

At the next quarterly meeting, they presented a resolution for Mille Lacs to withdraw from the MCT. The MCT didn't accept it, but Doug says they stayed pretty quiet after that.

There was no love lost between Mille Lacs and the MCT. Mille Lacs received only 2.5 percent of the BIA budget, and they didn't have the timber and mineral resources of some of the other bands. "Grand Portage and Fond du Lac got more than us, even though they were smaller tribes," Doug says. "We kept asking for parity but they wouldn't give it to us. We were the poorest tribe in the country."

Doug and Art decided that their only choice was to go to Washington to lobby their representatives. They met with President Reagan's Secretary of Interior, James Watt, who told them, "You can't have your cake and eat it too."

Doug thought about that, and in the middle of the night, he realized what Watt meant: That they couldn't be in the MCT and have Separation of Powers. Doug called Solicitor General Jay Kanassatega. "Do you know what that SOB was telling us?" he asked. An impromptu meeting of the RBC was called at 3 a.m., and they decided their only option was to separate from the MCT, which would require an act of Congress.

Democrat Representative Jim Oberstar wouldn't touch the bill, so they met with Dave Durenberger, a Republican. He said "Why should we help you? We saw all your Ojibwe flags on a photo of the Democratic convention at Duluth."

Art told him the Mille Lacs Band flag wasn't there. "Look at the photo carefully," he said.

Durenberger looked at the photo and said, "Come in, boys!" He and Rep. Vin Weber sponsored the bill to separate Mille Lacs from the MCT, but it never came up for a vote. Doug says the bill is still waiting to be resubmitted.

Doug and Art weren't done yet, though. They found a clause in the MCT Constitution saying each member tribe can come up with its own rules for running its own government. That was all they needed to implement separation of powers at Mille Lacs.

It took some convincing, but in good time, the Band's RBC unanimously adopted a new model of government, the first tribe in the nation to do so.

Treaty rights

Doug gives former Band employee Don Wedll a lot of credit for the Band's victory in court over 1837 Treaty rights. "Don pushed the whole thing," Doug says, adding that meetings with Elders and communities took place before the decision to move ahead. Doug and other community members did their research and were on board with the decision to sue the state.

If Doug had gotten his way in the early 1980s, though, the Mille Lacs Band may have avoided a costly lawsuit related to the 1837 Treaty. When the Wisconsin tribes went to court over the treaty, Doug wanted Mille Lacs to intervene in the case — just as the Wisconsin bands did in the Mille Lacs lawsuit.

The Band's lawyers, however, advised against it. The lead attorney for the Lac Courte Oreilles band, the original plaintiff



Doug Sam

in the case, was Jim Zorn, an unknown lawyer from a small town. The Mille Lacs Band's lawyers thought he would lose the case, and Art was convinced. Doug said to Art, "The lawyers aren't supposed to tell us what to do. We're supposed to tell them what to do."

In the end, Mille Lacs didn't intervene in the Wisconsin case, and Jim Zorn surprised everyone by winning the case.

Casinos

One full term as secretary/treasurer was enough for Doug. He left the government but soon got drawn back into Band business. Art called him into his office one day and asked him to take over the Band's bingo operations, which were losing money. "We'll pay you \$15 an hour," Art said.

Doug went home and thought about it, then called to accept the job. "It was probably the worst decision I ever made," Doug says. The bingo operations were in debt and had bad credit, and they were out of supplies. Doug found some guys in Hermantown who were providing materials to Fond du Lac, and he convinced them to give Mille Lacs enough supplies to last a year. Revenue improved, and so did the Band's credit.

In the late 1980s, an Indian firm from Wisconsin came to Mille Lacs and asked if the Band wanted to set up slot machines.

Doug said he didn't have authority to do so, but Art came over to the bingo hall and said, "I want the machines set up by tomorrow evening."

Doug and his team worked straight through the night to get the machines up and running. "They were illegal as hell," Doug says. "Every time someone with a suit came in, I'd shiver."

They didn't have equipment to count coins, so they'd bring five gallon pails of nickels and quarters to the bank in Garrison.

Doug says that event shows the kind of person Art Gahbow was. "He was tough," Doug says. "He didn't take any crap. He'd say, 'They have no respect for me. Why would I respect them?'"

Ironically, that attitude did earn respect in Washington. Doug says Senators would open doors for Art in Washington.

Doug, Dave Matrious and traditional chief Melvin Eagle met with business developer Stan Taube, "Famous" Dave Anderson and attorney Larry Leventhal about the possibility of establishing a casino on the Mille Lacs Reservation. Stan Taube, on returning to Oklahoma, contacted business developer Lyle Berman, who came and established Grand Casino, Inc.

Art passed away just after Grand Casino opened, and a new era began, with white men like Ron Maddox exerting influence behind the scenes. "He ran the rez," Doug says. "Art didn't like him."

Doug said the elders weren't in favor of opening a casino at first. They were concerned because young people were spend-

ing all their money at the bingo hall, and the elders were the only ones paying the bills.

When the Shakopee Mdewakanton in Minnesota and Seminole tribe in Florida started seeing success with their casinos, however, the elders came around. After the Indian Gaming Regulatory Act was passed, Mille Lacs was one of the first tribes to open a casino, and the Band’s two casinos have been thriving ever since.

Doug says not enough credit is given to traditional Mille Lacs Chief Melvin Eagle. He was 100 percent for the casino

and helped to start it. He was the first ombudsman for the casino employees. “He was fair, he kept good records, and he took care of the employees,” Doug says.

Preserving the culture

Doug had seven children with his wife Christine (Skinaway) Sam: Dallas, Rebecca, Marsha, Maxine, Doug, Doran, and Mickey. Doug, Marsha, and Mickey are still alive.

Today Doug works at the District 1 cultural grounds. He remembers many of the things his elders taught him by exam-

ple — and even now, when he offers tobacco, new memories come back. Doug helped bring Midewin cultural activities back to the grounds.

The grounds are located on a Band-owned lake and beautiful forest near the wastewater treatment facility. Visitors come from all over the country to participate in ceremonies.

Doug is still active in the community and culture and is always willing to share the things he’s learned with anyone who is interested.

Chief Executive Benjamin Receives Tim Wapato Sovereign Warrior Award

San Diego, March 31, 2015 — Indian Gaming 2015 attendees enjoyed an evening of dancing and celebration at “Culture Night” as the National Indian Gaming Association (NIGA) presented the Tim Wapato Sovereign Warrior Award to Chief Executive Melanie Benjamin of the Mille Lacs Band of Ojibwe.

“I want to take a moment and acknowledge two great leaders, whose footsteps I walk in, and who taught me about tribal sovereignty: Art Gahbow and Marge Anderson,” Benjamin said in her acceptance speech.

“This award being on Culture Night makes it even more special for me. I want to say a few words about the connection between culture and sovereignty,” said Benjamin. She described Tim Wapato’s work as Lead Negotiator on Indian Treaty rights for the Northwest tribes, and his effort to always keep tribal traditions and culture close to the negotiations. Benjamin compared that work to the Mille Lacs Band’s battles to protect its rights.

“We had the advantage of brilliant attorneys,” she said. “But we also involved our spiritual leaders and relied on them to guide us every step of the way. We had Native runners, who ran while carrying a torch all the way from the Great Lakes to Washington D.C. As advised by our spiritual leaders, our lawyers put cedar in their shoes before walking into the Supreme Court. During oral arguments, and the weeks and months ahead, our spiritual leaders and Elders were praying, putting out dishes, and offering asema, praying for the health of the Judges and their families, and praying for them to do the right thing. We won this case not just from good legal work, but because we had spiritual strength on our side. That is something called cultural sovereignty.”

Having served on the 1993 NIGA Board of Directors that hired Tim Wapato as NIGA’s Executive Director and his wife, Gay Kingman, as Public Relations Director, Benjamin went on to recall Tim and Gay’s work when gaming was under attack by Donald Trump and congressional members from Nevada and Atlantic City.

“Tim and Gay always kept our cultural sovereignty in mind,” she said. “I was so proud when they used the Mille Lacs Band of Ojibwe as the focus of their campaign against Donald Trump, who at that time was lobbying to kill Indian gaming. There was a gaming hearing in the U.S. House, and Trump was going to testify. Gay and Tim created a campaign called Yachts versus



Chief Executive Melanie Benjamin accepting the 5th Annual Tim Wapato Sovereign Warrior Award.

Schools. It was brilliant. They showed Trump spending his money on yachts, while Mille Lacs had built schools, clinics and ceremonial buildings.”

She drew a warm laugh from the audience when she recalled how Tim and Gay asked the Band to send a group of children and Elders to the D.C. hearing Trump was testifying at, describing a very effective tactic Band Elders used at the hearing.

“During that hearing, our women elders practiced an effective Native tradition that we all know, as old as time: With arms crossed, they quietly stared Trump down and gave him the old ‘stink eye’!”

Others fondly recalled how this seemed to actually rattle Trump, throwing him off his game. Benjamin concluded her remarks referring again to Tim’s legacy.

“To me, Tim Wapato was everything a tribal warrior should be. He was tough, he was humble, and he was so smart. And he knew the power of cultural sovereignty,” she explained.

“Tonight, I accept this award, not for myself, but for the people of the Non-Removable Mille Lacs Band of Ojibwe, for our Elders, and for our grandchildren and future generations. When I tell my own grandchildren about this award, I will tell them about the life of Tim Wapato,” Benjamin concluded.

“Let us all continue to honor his work, his life and his legacy through our own actions.”

Band Member Has a Thirst for Knowledge

Andy McPartland Staff Writer **Molly Judkins** OMB Receptionist



Carla Big Bear

Her educational career has taken her to a variety of stops over the years. She received a diploma in Office Administration from Minneapolis Business College, where she was fastest typist in her class. Then, she went to Central Lakes College in Brainerd, earning her Associate of Applied Science in Criminal Justice with a certificate in Criminalistics.

Next, Carla went to St. Cloud State University, where she

Carla Big Bear just loves to learn. Her educational journey, which started at Nay Ah Shing preschool when she was only three years old, has continued to this day.

A Mille Lacs Band member, Carla attended Nyquist Elementary and graduated from Isle High School in 2001.

received her Bachelor of Arts in Criminal Justice.

Her next stop was Washington, D.C. where she participated in the Native American Political Leadership Program at George Washington University in the spring of 2012. The program is a full scholarship, semester-long chance for Native American, Alaska Native, and Native Hawaiian students to get a first-hand look at politics in the nation’s capital.

Carla has her sights set on one more degree, as she’s preparing to graduate this month with her Master’s in Tribal Administration and Governance from the University of Minnesota-Duluth. She has held a 4.0 GPA during her time at UMD.

When Carla achieved a 3.8 GPA from St. Cloud State, she proudly showed it off to her mentor, the late Marge Anderson, former Mille Lacs Band Chief Executive. Marge took barely any time to tell Carla that there was room for improvement. Carla dedicates her perfect GPA to Marge for encouraging her to strive for the best grade possible.

Carla’s future plans include securing a job in Washington D.C. within the next year, in a position where she could advocate for Native American rights. If that doesn’t happen, then she would like to start law school in the fall of 2016.

While she expands her horizons and quenches her thirst for knowledge, she inspires others to do the same. She currently works as an Education Mentor for the Chiminising Niigaan Program, where she enjoys helping the kids with their homework and talking to them about their education goals and where it could lead them.

In Carla’s mind, if she can inspire at least one child to continue their quest for education, then she has done her job. When reflecting on her educational career, it’s safe to say that Carla is an inspiration not only for children, but all of us.

TRIBAL NOTEBOARD

Happy May Birthday to Mille Lacs Band Elders!

Gina Louise Anderson
Merlin Anderson
Richard Dean Anderson
Alvina Mae Aubele
Elisse Joanne Aune
Brenda Lee Beaulieu
Gerald Duane Beaulieu
Robert Patrick Benjamin Jr.
Maurice James Boyd
Denise Lorette Chamblin
Debra Ann Contreras
Anthony Joseph Davis
James Daniel Davis Jr.
Virginia Joyce Davis
Dale Wesley Day
Edna Mae Day
Winona Evens
Lorraine Farah
Sharlene Anita Fisher
Dale Allan Garbow
Geraldine Ann Germann
Harry Lee Granger
Gertrude Inez Hanson
Robert Lewis Heinze
Allen Wayne Hemming
Terrance John Hendren
Molly Sam Judkins
Clarabel Kruse
Cynthia Lee Lester
Ramona Lynn Martin
Mitchell Lee Matrious
Dominic Walter Mayotte
Janelle Arlene Meehl
James Roger Mitchell
Pauline Veryl Mitchell
Lawrence Leonard Moose
Ardith P. Morrow
Lorraine Marie Nickaboine
Donald Eugene Olson
Betty Jane Quaderer
Patricia Regguinti
Frederick Raymond Shingobe
Geraldine Marie Shingobe
Victoria Lea Smith
Eugene Raymond Staples
Beverly K. Sutton
John Sutton
Victoria Joy Verkennes
Herbert Weyaus
Sarita Inez White
Theresa Marie Williams
Larry James Wind
Ginette Marie Zustiak

Happy May Birthdays:

Happy birthday **Johnny Boyd** on 5/1 from Grandma Shirley and family. • Happy birthday **Jazi** on 5/1 from Phil, Mickey, Nadine, Char, PJ, Whitney, Carter, Corey, and Jerod. • Happy birthday **Jarvis** on 5/5 love Mom, Gram K, Papa, Auntie Rach, Auntie Val, Pie, Kev, Shel, Max, Aidan, Jake, Aiva, Mark, Emery, DeBreanna, Sharon, Ravin, Melodie, Nicole, Jimmy, Cordell, and Chris Jr. • Happy birthday **John** on 5/2 from Joni, Phil, Mickey, Nadine, Char, PJ, Whitney, Carter, Corey, and Jerod. • Happy birthday **Albert Rabanales** on 5/5 from Grandma Shirley and family. • Happy birthday **Jarvis** on 5/5 from Phil, Mickey, Nadine, Char, PJ, Whitney, Carter, Corey, and Jerod. • Happy birthday **Ashley Boyd** on 5/7 from Grandma Shirley and family. • Happy birthday **Manny** on 5/8 from Mom and Dad. • Happy birthday **Shelby** on 5/9, love Max, Aidan, mom, Gram K, Papa, Auntie Rach, Auntie Val, Pie, Kev, Jarvis, Jake, Aiva, Mark, Emery, DeBreanna, Sharon, Wally, Ravin, Melodie, Nicole, Jimmy, Cordell, and Chris Jr. • Happy birthday **Shelby** on 5/9 from Phil, Mickey, Nadine, Char, PJ, Whitney, Carter, Corey, and Jerod. • Happy birthday **Ronnie** on 5/10 from the Minisinaakwaang Leadership Academy staff. • Happy birthday **Leoniece** on 5/11 from Phil, Mickey, Nadine, Char, PJ, Whitney, Carter, Corey, and Jerod. • Happy birthday **Elisse** (Grandma) on 5/11 with love from Leoniece, Nick, and Baby Coco. • Happy birthday **Elisse** on 5/11 from Mickey and family. • Happy birthday **Randi** on 5/12, love your brothers and sisters. • Happy birthday **Markie** on 5/12, love Dad, Aiva, Emery, DeBreanna, Gram CC, Gram K, Papa, Auntie

Rach, Auntie Val, Pie, Kev, Shel, Max, Aidan, Jarvis, Sharon, Wally, Ravin, and Melodie. • Happy birthday **Candace** on 5/12 from the Minisinaakwaang Leadership Academy staff. • Happy birthday **Derrick** on 5/13 from the Minisinaakwaang Leadership Academy staff. • Happy birthday **Richard and Rachel** on 5/14, love you, from Mom, Kelia, Railei, Cyrell, and Candi. • Happy birthday **Jillian Marie** on 5/15 from Cassandra, Travis, and Trevor Powers. • Happy birthday **Papi** on 5/17, love Mami. • Happy birthday **Michael** on 5/17 from Phil, Mickey, Nadine, Char, PJ, Whitney, Carter, Corey, and Jerod. • Happy birthday **Amy Rabanales** on 5/18 from Grandma Shirley and family. • Happy birthday **Levin James** on 5/19, love Mom, Dad, Cede, Jodi, Wade, Levi, Sheldon, Sean, Grant & Rico, Kacie, Hayden & Cayleigh, Penny, and baby Aves. • Happy birthday **We’eh Vin’** on 5/19, ‘ove your We’eh MariaKaylyn and Erica. • Happy birthday **Taylor Paige** on 5/19, love Dad, Adam, Papa Brad, Grannie Kim, Papa Kyle, Auntie Val, Pie, Kev, Uncle Brad, Melissa, Brae, Payton, Eric, Waase, Wes, Bryn, Bianca, Uncle Bruce, Jayla, Lileah, Auntie Randi, and Auntie Rachel. • Happy birthday **Mayson Mercado** on 5/19 from Mom, Dad, Micki, Phil, Char, Whitney, PJ, Cory Jr, Dale, and Myrah. • Happy birthday **Sunshine Shingobe** on 5/20 from Grandma June, Grandpa David, Amber, Charles, Hunter, Elvis, Sam, Gail, Christopher, Howard, Courtney, Dan, and Emma. • Happy birthday **Elizabeth Smith** on 5/21 from Mom, Dad, Amber, Sunshine, Elvis, and Hunter. • Happy birthday **Phil** on 5/23, love the Harrington family. • Happy birthday **Phil** on 5/23 from Mickey, Nadine,

Char, PJ, Whitney, Carter, Corey, and Jerod. • Happy birthday **Kenneth** on 5/24 from the Minisinaakwaang Leadership Academy staff. • Happy birthday **Brynley** on 5/26 love Dad, Melissa, Brae, Payton, Eric, Waase, Wes, Bianca, Papa Brad, Grannie Kim, Papa Kyle, Auntie Val, Pie, Kev, Uncle Bruce, Jayla, Lileah, Auntie Randi, Uncle Jay, Taylor, Adam, and Auntie Rachel. • Happy birthday **Mitch Sam** on 5/27 from your buckshot family. • Happy 11th birthday **Maysun Jr.** (Chunk) on 5/27 with lots of love from Mommy, Selena, Dante, Soul, Shawsha, DayFronco, Grama Vera, Stone, Derek, Frankee, Zion, Brynlee, and DeaLayna. • Happy birthday **Mom** on 5/27, love Mariah and Kevin. • Happy birthday **Rodney and Randy Pindegayosh** on 5/27 from Phil and family. • Happy birthday **Jasmine** on 5/27 from Grandma June, Grandpa David, Amber, Sunshine, Elvis, and Hunter. • Happy 14th birthday **Romeo** on 5/28 from Auntie Mary, Selena, Dante, Maysun, Shawsha, Soul, and Daymon. • Happy birthday to my twin **Crystal Garbow** on 5/29 from your WOMB-MATE Cassandra and your bro in-law Travis and Trevor. • Happy birthday **Cassandra** on 5/29 from your guys Travis and Trevor. • Happy birthday **Cyrell** on 5/29, love you always, Mom and Dad. • Happy birthday **Cyrell** on 5/29, love, Gramma, Uncle and Aunt, Kelia, and Railei. • Happy birthday **Ausineese** on 5/30 from the Minisinaakwaang Leadership Academy staff. • Happy birthday **Pie** on 5/31, love Mom, Kev, Gram Kim, Papa, Gram Karen, Auntie Randi, Auntie Rachel, Uncle Brad, Melissa, Brae, Payton, Eric, Waase, Wes, Bryn, Bianca, Uncle Bruce, Jayla, Lileah, Uncle Jay, Taylor, Adam, Auntie

Tracy, Shelby, Max, Aidan, Jarvis, Jake, Aiva, Mark, Emery, DeBreanna, Auntie Sharon, Wally, Ravin, Melodie, Sherry, Shawntel, Gabrielle, Carrie, Zach, Jerry, Kira, Renae, Bentley, Jeremy, Michelle, Samantha, Cameron, Keaona, Jayla, Phil, Mickey, Happy Birthday to Nadine, Charlotte, Corey Jr, PJ, Nicole, Jimmy, Cordell, and Chris Jr. • Happy birthday **Cyrell Boyd** on 5/31 from Grandma Shirley and family.

Other Announcements:
Congratulations to **Damon Solis** and **Misty Mattinas** on the birth of their beautiful baby girl, Mia Rose Claire Solis, born on April 5th. With love from: Aunty Bevy, Cede, Erica & Ria, Penny & Baby AveS, Jodi, Levin, Wade, Levi, Sheldon & Sean, Kacie, Hayden & Cayleigh, and Grant & Rico.
• **To Melissa Boyd:** I want to wish my beautiful, wonderful wife a happy anniversary and can’t wait until she comes home to me. I love you my wife. From the luckiest man in the world.
• **To Rodney Boyd:** Happy 4 year Anniversary! Thank you for being a good father and husband. I love you!

Congratulations Graduates!
Brandi Skinaway (11/06/14) •
Nathan Peet (12/19/14) •
George Crazy Thunder (3/27/15)

Submit Birthday Announcements
Send name, birthday and a brief message that is **20 WORDS OR LESS** to Mick Sawinski at mick@redcircleagency.com or call 612-465-8018.
The deadline for the June issue is May 18.

Mille Lacs Indian Museum May Events

Visit events.mnhs.org for more details on events happening at the Mille Lacs Indian Museum during the month of May.

24th Annual Mille Lacs Band Grand Celebration

Friday, June 19 – Sunday, June 21 at Grand Casino Hinckley. For more information visit: millelacsband.com/district_news/24th-grand-celebration

MAY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6 Comm. Moose Visit 8 a.m. – 5 p.m. Aazhoomog Community Center DII-A Chiminising Bingo 6 p.m. Chiminising Community Center	7	8	9 Woodland Pottery Workshop Noon – 4 p.m. M.L. Indian Museum See page 14 Book Talk with Brenda Child 1 – 3 p.m. M.L. Indian Museum See page 14
10	11	12	13 Comm. Moose Visit 8 a.m. – 5 p.m. Aazhoomog Community Center Indian Graduation Dinner for Native Students in Isle, Onamia, and NAS 6:30 p.m. ROC in Onamia	14 APB Meeting 10 a.m. – Noon Urban Admin Offices	15	16 Woodland Pottery Workshop Noon – 4 p.m. M.L. Indian Museum See page 14
17	18	19 Asst. Comm. Palomaki Visit 8 a.m. – 5 p.m. Aazhoomog Community Center	20 Comm. Moose Visit 8 a.m. – 5 p.m. Aazhoomog Community Center DIII Community Meeting 5:30 p.m. Grand Casino Hinckley Event Center DII-A Chiminising Bingo 6 p.m. Chiminising Community Center	21	22	23
24 American Indian Art Market 11 a.m. – 4 p.m. Mille Lacs Indian Museum See page 14	25 Memorial Day American Indian Art Market 11 a.m. – 4 p.m. M.L. Indian Museum See page 14 Memorial Day Powwow Noon – 5 p.m. M.L. Indian Museum See page 14	26	27 Comm. Moose Visit 8 a.m. – 5 p.m. Aazhoomog Community Center DII-A Community Meeting 5:30 p.m. Chiminising Community Center	28 APB Meeting 10 a.m. – Noon DI Media Room DII-A Sobriety Feast 5:30 p.m. Chiminising Community Center Nay Ah Shing Graduation 6 p.m. Nay Ah Shing School	29	30
31					Want your event here? Email mick@redcircleagency.com or call 612-465-8018.	

Child Support Enforcement Update

Consent for Mille Lacs Band’s Tribal Court to Assume Jurisdiction over a Child Support Order

Child Support clients should be aware that when their Child Support case is transferred from a county to the Mille Lacs Band Child Support office, only their Child Support case is being transferred. If there is an existing Child Support order within that county they continue to have exclusive jurisdiction over that Child Support order, which means if a client requests a modification our office would need to go back to the county to request one.

Pursuant to Federal law, as a general rule a State court retains continuing, exclusive jurisdiction to modify its prior child support orders.

However, there are two exceptions to this rule. First, if neither the child nor any contestant resides within the issuing State, the court of another State or Tribe may modify the order if the order is registered in the court of the new State or Tribe and that court has jurisdiction over the nonmovant for purposes of modification. Second, if either the child or any contestant resides within the issuing State, a different State or Tribal court can modify the child support order if each individual contestant files written consent with the issuing court for the new State or Tribe to modify the order and assume continuing, exclusive jurisdiction over the order. 25 U.S.C. § 1738B (e) and (i).

Having the Mille Lacs Band Tribal Court assume jurisdiction over your Child Support order makes it easier for our office to modify a Child Support order if certain circumstances arise.

If you would like the Mille Lacs Band’s Tribal Court to assume jurisdiction to modify a Child Support order to which you are a party, and to exercise continuing, exclusive jurisdiction over that order, contact your Case Manager. Please note that the Mille Lacs Band’s Tribal Court cannot modify your Child Support order until it has assumed jurisdiction in accordance with Federal and Band law.

- Shannon Nayquonabe, District I Case Manager 320-532-7453
- Tammy Smith, District II, IIa, III and Urban Case Manager 320-532-7752

The Child Support office will be closed all day on May 25, 2015 for Memorial Day. If you have any questions or concerns contact our office at 320-532-7755.

WEWIN Fundraiser Golf Tournament
Saturday, June 20, 8 a.m. shotgun start

- Four person scramble
- Cost: \$400 per team
- Three payout categories: Elders, women, and men

For details call 320-532-7486

All proceeds will support scholarships for Mille Lacs Band women to attend the 2015 WEWIN Conference, hosted this year by the Quapaw Tribe of Oklahoma, August 17-19, 2015.

Sponsored by: MLB Local WEWIN Chapter and Melanie Benjamin, WEWIN Founder and Treasurer.

Thanks to Volunteers

Monte Fronk sent out his appreciation of volunteers during National Volunteer Week in April. He said many Band members are volunteers, and that their work is important in creating a safe and healthy community.

National Volunteer Week, which was established by Points of Light in 1974, “is about inspiring, recognizing and encouraging people to seek out imaginative ways to engage in their communities.”

This year Points of Light asked volunteers to share their stories, which are available at **pointsoflight.org**, which states: “National Volunteer Week is about taking action and encouraging individuals and their respective communities to be at the center of social change — discovering and actively demonstrating their collective power to make a difference.”

Mille Lacs Band 2015 Spring Clean Up

District II, East Lake, McGregor, Minnewawa, Sandy Lake and Isle Saturday, May 9 – Friday, May 17
Hours of operation: 8:30 a.m. – 4:30 p.m. on Monday through Friday, and 9 a.m. – 4 p.m. on Saturday and Sunday.

Roll-offs will be placed at the following locations: East Lake Maintenance facility for District II and Isle Community Center for District II-A.

District III, Lake Lena and Hinckley Saturday, May 2 – Friday, May 8

Hours of operation: 8:30 a.m. – 4:30 p.m. on Monday – Friday, and 9 a.m. – 4 p.m. on Saturday and Sunday.

Roll-offs will be placed at the following locations: Four Plex on Evergreen Dr. and Earthworks building located on Hwy 48 (two miles east of Hinckley Casino Maintenance building in Lake Lena across from Community Center), and The Cul-de-sac at Wise Owl.


Mille Lacs Band Elders in all Districts will receive free curbside pickup for their community cleanup items. Elders must call the Public Works office at 320-532-7433 to be placed on the list for pickup.

Anyone receiving curbside pickup must have their pile at the end of their driveway. Please contact Public Works at 320-532-7448 if you have any questions or concerns.

Mille Lacs Band of Ojibwe			
Summary of Expenditures and Financing Uses:	Approved Budget for FY 2015	Expenditures through 3/31/2015	% of Budget Expended
Administration (1)	15,040,690	6,201,360	41.2%
Department of Labor	20,487,635	2,885,404	14.1%
Judicial	1,247,293	446,939	35.8%
Department of Justice	5,169,850	2,320,094	44.9%
Education	17,454,026	8,288,558	47.5%
Health and Human Services	24,464,983	8,952,064	36.6%
Circle of Health Insurance	10,555,180	4,673,715	44.3%
Natural Resources	7,737,369	2,622,966	33.9%
Community Development	52,815,513	8,976,787	17.0%
Gaming Authority	5,324,748	2,289,393	43.0%
Non-Gaming Distribution	–	–	00.0%
Bonus Distribution	31,894,152	21,792,708	68.3%
Economic Stimulus Distribution	3,130,000	3,126,000	99.9%
Total	195,321,439	72,575,988	37.2%
(1) Administration includes chief executive, administration, finance, legislative, government affairs, and district operations.			
(2) The amounts above do not include casino operations. However, they do include government operations funded by casino distributions.			
(3) The Mille Lacs Band of Ojibwe has its financial statements audited every year by an independent public accounting firm. Audit reports from previous years are available for review at the government center upon written request.			
(4) Economic Development appropriations have been excluded as of October 31, 1997. As of October 1, 1997, the Band has separated accounting functions for the Corporate Commission from the tribal government.			

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Heating, Water, and Maintenance Problems?

During normal business hours: tenants in Band rentals and Elders living within the service area should call 800-709-6445, ext. 7433, for work orders. **After business hours:** tenants with maintenance emergencies should call 866-822-8538 and press 1, 2, or 3 for their respective district.

Free Hearing Evaluations

Evaluations take place on the second Friday of each month at Ne-la-Shing Clinic. Call 320-532-4163 to schedule an appointment. Walk-ins are welcome — we will do our best to serve you. Ask us about the \$1,000 in hearing aid benefits you can receive from the Circle of Health.

Hearmore Hearing has offices in Saint Paul and Osseo. To schedule an appointment Monday through Friday, call the Saint Paul office at 651-771-4019 or the Osseo office at 763-391-7433.

OJIBWE INAAJIMOWIN

THE
STORY
AS IT'S
TOLD

JUNE 2015 | VOLUME 17 | NUMBER 06



Band member Larry "Amik" Smallwood

BAND MEMBERS PRODUCING JINGLE DRESS DOCUMENTARY

PAGE 5

TRIBAL SUMMIT
ON CRISIS OF
INDIAN CHILDREN

CONFRONTING
THE PROBLEM
OF ELDER ABUSE

EDDY'S RESORT:
SAME NAME,
NEW LOOK

STUDENT
ACHIEVEMENT
CELEBRATED

MESSAGE FROM THE CHIEF EXECUTIVE

MELANIE
BENJAMIN
CHIEF EXECUTIVE



Aaniin! This month, there is more news to report than I have space to write about, so I'm just going to touch on a few highlights. Some big news for the Aazhoomog community is that the Pine Grove Leadership Academy is about to become part of the Bureau of Indian Education System, as a satellite school of Nay Ah Shing! This is wonderful news, which you can read more about in this newsletter. It means that our Pine Grove Leadership Academy will be able to expand programming and opportunities, via satellite classroom link through live video to Nay Ah Shing school classrooms. These virtual classrooms will be in addition to our on-the-ground teachers at both Nay Ah Shing and Pine Grove, improving opportunities at both sites, while allowing us to serve more children at Pine Grove.

We are the first tribe in the United States to achieve this "satellite school" status, which required lobbying new legislation through the Congress. There are many issues I work on when I travel to Washington D.C., but nearly every one of my visits to D.C. over the past two years has involved advocating for legislation allowing Mille Lacs to achieve this satellite school status for Pine Grove. Congresswoman Betty McCollum, Congressman Rick Nolan, and Senators Al Franken and Amy Klobuchar were behind our success, and I'm very grateful for their persistent efforts. This is one example of why it is so important for the Band to keep strong relationships with federal policy-makers. Also, congratulations and chi miigwech to the hard work of Joyce Shingobe, Jane Harstad and Shelly Diaz who worked hard to get our schools ready for the site visit from the BIE Director, who approved the waiver. I encourage Aazhoomog parents to begin thinking about Pine Grove as an educational choice for your K-5 students in Fall, 2015!

On May 5, we held our ribbon-cutting ceremony for the new Eddy's Resort, creating a new revenue stream for the Band and

jobs for Band Members. The facility is beautiful, and the food in the restaurant is outstanding. Stop by if you have a chance!

On May 28, the Band hosted a meeting of the Minnesota Indian Affairs Council members to engage in a second summit on the issue of the impact of opiates on our babies, known as Neonatal Abstinence Syndrome (NAS). This was a powerful meeting that included next steps. Some ideas include developing a legislative proposal to better regulate methadone clinics and prescription drugs, improving access to pre-natal care for high-risk women, and developing better supportive programming for young women to strengthen the bond between mothers and children. Of course, we also need to do more to hold our family members accountable for getting the help they need. This includes our young men, who need to be held accountable for ensuring that their children are brought into this world in a safe and healthy environment. Miigwech to Speaker Beaulieu and District I Representative Blake for their leadership in bringing this summit to Mille Lacs.

Elders enjoyed a wonderful trip to Las Vegas in May and had great fun just being together. Miigwech to the Band Assembly for helping to support that trip with my office. The next Elder trip will be to Oklahoma City and is coming up this month, provided the weather holds out.

On May 26, I signed an agreement between the Band and Leech Lake, Upper Sioux and Lower Sioux creating an Intertribal Law Enforcement Task Force. This Task Force will allow for sharing of information and resources between the four Bands to combat drugs and gang-related violence, which relates to the opiate issue. We know that drug-dealers have been "Rez-Hopping." Almost as soon as they are chased off one reservation, they migrate to another. Through information sharing, our police officers will know who these criminals are

no matter where they are, no matter which reservation they run to. Through sharing of resources, we will provide on-the-ground support to one another. In the true spirit of self-determination and self-governance, this Task Force is about Indian tribes working together to improve our communities for the betterment of everyone.

May also brought the swearing in of a new face and an old one; Adam Valdez is our new Commissioner of Finance, and Todd Matha was reappointed to a four-year term as Solicitor General. We are fortunate to have both of these professionals on our team.

By the time this edition reaches you, our Public Hearing on Enbridge Energy's proposal to build the Sandpiper Pipeline will have been concluded. The Band will compile a report that will be shared with the State and federal agencies. Even if the State approves granting Enbridge a permit to construct a pipeline, we will continue working to convince state and federal agencies that a different route must be considered, and insist that our land, waters and resources be protected.

Finally, attending graduation ceremonies from Head Start to high school has been very rewarding. Hearing our Nay Ah Shing graduates speak so well in Ojibwe was pure joy, and powerful evidence of the success of our program!

As we head into powwow season and celebrate our culture, history and identity, let's all make sure we take time to appreciate the hard work of our powwow committees who make these celebrations special. In particular, I'm very excited for the East Lake Community which will be holding its first Inaugural powwow in July. Have a safe, enjoyable summer!

Pine Grove Satellite Project Approved

Brett Larson Staff Writer/Photographer



**Joycelyn
Shingobe**

Next fall, Pine Grove Leadership Academy in District III will open as an extension of Nay Ah Shing Schools, thanks to the hard work of several Mille Lacs Band members, including Education Executive Director Joycelyn Shingobe.

"This gives kids who might not fit in well at public school the opportunity to attend a school that's close to home, rich in culture and language, and offers a comfortable learning environment," Joycelyn said.

The announcement came May 21 during a visit to Nay Ah Shing Abinoojiyag by Dr. Monty Roessel, Director of the Bureau of Indian Education (BIE).

Joycelyn was thrilled to hear the news that the Band's proposal had been approved. "I was so happy, my mouth fell open," Joycelyn said. "I wanted to ask him to repeat it — 'What did you just say?'"

The BIE's approval was needed because of a 1995 moratorium on new educational programs funded by the Bureau of Indian Affairs. The Band argued that the BIE would not need to

invest money because there was already a school building at Pine Grove. In fact, the Bureau could save money as a result of reduced transportation costs.

Many District III students over the years have commuted more than two hours to Nay Ah Shing from as far as Lake Lena and even Danbury, Wisconsin, Joycelyn said. It was not uncommon for kids to bring pillows and blankets onto the bus. "That long ride is hard on kids," Joycelyn said, "and participating in sports or after school programming was not an option for them."

Joycelyn said other Band members have been working hard to provide educational opportunities in District III for more than 10 years. Dave Matrious and the late Beatrice Taylor kept the issue at the forefront, and Chief Executive Melanie Benjamin has also been a proponent since she was first elected in 2000. Benjamin lobbied for the project on a trip to Washington D.C. in March.

"It's those people who really kept the whole initiative alive in people's minds," Joycelyn said.

Shelly Diaz, the Band's education planner, was instrumental

in the proposal for Pine Grove School to become an extension of Nay Ah Shing School. She received help from education consultant, Dr. Jane Harstad, who helped the Band make the case with the BIE.

Joycelyn also credits Dr. Rick St. Germaine, who has helped the Band operate Pine Grove as a charter school, an online school, and a private school since it first opened in 2007.

The school building can accommodate up to 45 students, Joycelyn said. For now, it will be open to K-5 students, with two licensed teachers and a learning coach on site.

Chief Executive Melanie Benjamin gave credit to Joycelyn for her hard work. "I am excited for the Aazhoomog community to have this wonderful school as part of the Nay Ah Shing system," Melanie said.

Joycelyn said, "We were only able to do this because of the Chief Executive's work lobbying this legislation through the Congress specifically for Mille Lacs. She made many, many trips to D.C. to get this legislation through for Mille Lacs, which is why we are the first and only tribe in the country to achieve this status."

Band Hosts Tribal Summit On Crisis of Indian Children

Brett Larson Staff Writer/Photographer



District I Representative Sandra Blake



MLB Commissioner of Health Sam Moose



Boise Forte Chief Kevin Leecy



White Earth Secretary Tara Mason



Red Lake Chief Darrell Seki



MN Senator Chris Eaton

Over 50 tribal and state government officials and employees met on the Mille Lacs Reservation May 28 to address problems related to opiate abuse and addiction on Minnesota Indian reservations.

Tribal leaders from Bois Forte, Red Lake, White Earth, Leech Lake, and Mille Lacs reservations were in attendance. The event was hosted by the Mille Lacs Band of Ojibwe. Mille Lacs Chief Executive Melanie Benjamin, Rep. Sandra Blake, and Elder Joe Nayquonabe welcomed participants and shared their thoughts on the problem of opiate addiction and neonatal abstinence syndrome.

Melanie Benjamin thanked her colleagues in government, Secretary/Treasurer Carolyn Beaulieu and District I Rep. Sandra Blake, for taking the initiative to host the forum. “I’m proud to work with these two strong women,” Melanie said.

Melanie called the problem of opiate-addicted babies “the single greatest threat to the Mille Lacs Band of Ojibwe.” She said recent data on the prevalence of neonatal abstinence syndrome (NAS) on reservations was a wake-up call for tribal leaders. Studies released in the fall of 2014 showed that 28 percent of babies with NAS in Minnesota are born to Native Americans, even though Native Americans make up only about two percent of the state’s population. In other words, American Indian newborns are 8.7 times more likely than white babies to be born with NAS.

Melanie talked about addiction as a way to “fill an emptiness and numb the pain caused by historical trauma,” which she said is “something that happened to us, not something we are.” She talked about the strength and resilience of Indian people who have overcome disease, genocide, and relocation. “If there is one thing I’m convinced about,” she said, “it’s that we have the ability to fight this epidemic right here in this room.”

Joe Nayquonabe Sr., a retired chemical dependency counselor, opened the event with a prayer in Ojibwe, and he also shared his perspective on the opiate epidemic, saying, “It strikes everybody. It doesn’t discriminate. ... It’s not only affecting us but it’s affecting our children. The creator gave us a wonderful body, and it’s up to us to take care of it.”

Sandra Blake, who represents District I on the west side of Mille Lacs Lake, welcomed participants to the summit and spoke about the importance for these discussions to take

place. “The problem of drugs and alcohol, and children in crisis is a hard topic to speak on without getting emotional and teary. I see it all around me and it affects everyone. Grandmothers, adults, and children. There are also positive groups in the community like women in wellbriety,” she told the audience. “I hope that as you listen today, you learn some things that you can use and bring back to your communities and families. It’s very important that we keep working on this issue.”

The agenda included opening comments by Bois Forte Chief Kevin Leecy, White Earth Secretary Tara Mason, Red Lake Chief Darrell Seki, Minnesota Department of Human Services Assistant Commissioner Jim Koppel, Minnesota State Senator Chris Eaton, and Jake Schwitzer, legislative assistant for U.S. Sen. Al Franken.

Sen. Eaton shared the story of her daughter’s death by overdose. She said the “war on drugs” has been lost and that the focus needs to shift from imprisonment to treatment. “We can’t arrest our way out of this.... Until we start treating (addiction) like a disease and an illness we’re not going to be successful... It should be part of your general medical checkup. People should be screened for addiction. They should be treated for addiction. They should not be arrested.”

The majority of the event was devoted to presentations on the following topics:

- Anishinaabe value of family and women’s roles by Ted Waukey, Mille Lacs Band Social Services Director
- Neonatal abstinence syndrome and the problem of methadone therapy by Phil Norrgard, Health and Human Services Director for the Fond du Lac Band of Ojibwe
- NAS prevention projects at Red Lake, White Earth and Leech Lake
- Disparities and recommendations by Shirley Cain, Disparities Consultant for the Minnesota Department of Human Services
- Tribal State Agreement Legislation presented by tribal attorneys
- Urban Conditions by the Urban Indian Child Welfare Act (ICWA) Advisory and Metropolitan Urban Indian Directors (MUID) Members

The event concluded with a roundtable discussion of next steps to be taken to combat opiates and NAS in Indian Country. Sam Moose, Mille Lacs Band Commissioner of Health

and Human Services, suggested creating a process to share information and begin creating a list of best practices in dealing with the problems that had been discussed throughout the day. He also acknowledged the many tribal family/social service workers and the “tremendous” work they do on behalf of Indian Country — “even though they take pressure from all sides with little recognition.”

“Their job of stabilizing and often rebuilding families is very intense and can take a toll on emotional, mental and physical health,” Sam said. “Therefore it is extremely important to care for the care providers so they don’t develop ‘compassion fatigue’ or burnout.”

Sandi Blake, summarized some of the key points of the day and highlighted the importance of women’s groups, cultural activities and parenting classes. “Those who are stuck in addiction do tend to isolate themselves,” Sandi said. “We really have to struggle to reach out to them and bring them into our circles.” She said she enjoyed the presentations and encouraged the participants to keep working on the problem. “We need to create these types of forums in our communities where we can present this information to community members and get them involved.”

Kimberly Sam introduced herself in Ojibwe and then got a big laugh by adding, “My Social Security name is Kimberly Sam.” She spoke about the Sons of Tradition, Daughters of Tradition and Mothers of Tradition programs she operates. The latter has been implemented in Mille Lacs County Jail. “The number one thing is getting involved with people, getting into action, getting out there, because it’s about establishing trust and listening and understanding. For me it’s not even like a job, it’s doing what I want to do. This is home, and these are my people, and I want them to have what I have.”

Joe Nayquonabe asked participants to look back to discover how tribes dealt with problems in the past. He stressed that parents need to “start being parents again. We need to be Indians again,” he said. “We need to be Anishinaabe again.”

Vern LaPlante, Tribal Relations Coordinator for the Minnesota Department of Human Services, served as moderator of the summit.

It was the second summit on the crisis of American Indian children in Minnesota. The first took place in September 2014 at Bois Forte Reservation in northern Minnesota.

Dayton Signs Autopsy Bill

Brett Larson Staff Writer



Governor Dayton

Governor Dayton signed a bill into law May 19 that will provide for religious objections to autopsies in certain cases.

The bill passed the Minnesota Senate unanimously. The House of Representatives approved it by a vote of 128-3. It was sponsored by Sen. Tony Lourey (DFL-Kerrick) and Rep. Steve Green (R-Fosston).

The bill came about after the February deaths of two Native Americans: Mille Lacs Band member Mushkooub Aubid and Fond du Lac member Autumn Martineau. In both cases, the Carlton County medical examiner scheduled autopsies against the wishes of the families, who said the autopsies would violate their spiritual beliefs. Both families had to seek court orders to stop the autopsies and

force the medical examiner to release the bodies.

After Mushkooub’s death, his family and friends held a vigil outside the morgue in Duluth, where his body was held. In March, Aubid’s widow, Winnie LaPrairie, testified in support of the bill.

The new law requires medical examiners to notify the family of a planned autopsy and provide written materials including information about the law regarding religious objections to autopsies. Autopsies may still be conducted in certain cases if there is a “compelling state interest” as defined by the law. In those cases, medical examiners will need to use the least invasive procedures.

Historic Agreement Reached to Combat Crime

Brett Larson Staff Writer/Photographer

Representatives of four Minnesota Indian bands came together at Mille Lacs on May 27 to sign an agreement that Mille Lacs Band Chief Executive Melanie Benjamin described as “historic.”

The agreement will create a Consolidated Tribal Task Force allowing the four bands — two Ojibwe and two Sioux — to share information and cooperate in new ways to fight crime.

Participating in the event were Mille Lacs Chief Benjamin; Marisa Pigeon, Tribal Vice Chair of the Upper Sioux Community; Mille Lacs Band Solicitor General Todd Matha; Mille Lacs Tribal Police Chief Jared Rosati; Brian Marquardt, Minnesota Office of Justice Programs; Upper Sioux Police Chief Chris Lee; Lower Sioux Police Chief Darwin Melin; and Leech Lake Tribal Police Chief Ken Washington.

After an invocation in Ojibwe from John Benjamin and a song by Benjamin, Chris Gahbow and Quintin Sam, Melanie Benjamin welcomed the guests and thanked the police officers present: “We know you care about our communities, and that you risk your lives each day to keep us safe,” Melanie said. “And we know that you don’t often get thanked for your work, so I want to be clear today how much we appreciate each of you.”

She also spoke about the problem of opiate abuse and opiate-addicted newborns in the community, and she explained that the agreement would help to combat the problem: “This agreement we are about to sign today is a first step in putting a stop to these criminals taking advantage of our children, our youth, our communities and our babies. Through creation of this Task Force, from now on, there will be no place for the drug dealers to hide, because our police will ALL know who they



Mille Lacs Tribal Police Chief Jared Rosati presented the agreement to representatives from the four cooperating bands. It was signed by Mille Lacs Band Chief Executive Melanie Benjamin, Upper Sioux Vice Chair Marisa Pigeon, Leech Lake Tribal Police Chief Ken Washington and Lower Sioux Tribal Police Chief Darwin Melin.

are, across each of our reservations.”

Mille Lacs Tribal Police Chief Jared Rosati spoke briefly about the agreement and introduced his fellow officers before inviting to the podium Tribal Police Officer Derrick Naumann, who has been appointed Commander of the task force. Derrick spoke about his background and explained how the task force will help the four bands fight crime.

After the event, he summed up those benefits as follows: “One of the most important parts of this agreement will be the information sharing. Until now we would have no idea if there is contact made with a suspected drug trafficker in each other’s

jurisdiction unless we specifically called and asked about them. Now we will be able to have a seamless information database, which we can view when we have contact with the same subjects. This will allow us to work more efficiently in our cases.

“Another very significant part is the resource sharing. If there are major events or cases to be worked, we can assist by sending officers to each other’s jurisdictions to help out in any way needed.”

Naumann will be supervised by a board composed of the police chiefs of the four bands.

Band Hosts Tribal Relations Conference

Brett Larson Staff Writer

The Mille Lacs Band hosted a conference May 18 and 19 to help state employees better understand and serve Minnesota’s American Indian population.

The Government-to-Government Tribal-State Relations Training at Grand Casino gave attendees abroad and deep introduction to American Indian history, culture, law and politics, according to Mille Lacs Band consultant and UMD professor Tadd Johnson.

Tadd said the conference — one of several held around the state in recent years — is the result of a 2013 Executive Order from Gov. Mark Dayton requiring state agencies to implement tribal consultation policies and provide training for staff who work with American Indians.

The training was developed by Tadd and former Mille Lacs Band employees Linda Aitken and Ed Minnema. To date they have trained over 800 state employees and many tribal employees and officials. Tadd said, “We’ve received really good feedback. There’s kind of a dearth of knowledge of federal, state and tribal laws.”

Ed, a former Nay Ah Shing teacher who now teaches in the Department of American Indian Studies at the University of Minnesota-Duluth, facilitated the event, and Tadd and Linda were among the presenters.

After presentation of the colors and a flag song by Swamp Nation Drum Group, Secretary/Treasurer Carolyn Beaulieu welcomed those in attendance and Ed gave an introduction and overview of the conference.



Secretary/Treasurer Carolyn Beaulieu welcomed attendees to the conference and also participated in a panel of tribal leaders.

The first day was devoted to a presentation by Tadd titled “Federal Indian Policy and the Legal Background between the Tribes and States.” “What I provide is a legal history of federal Indian policy — how tribal, state and federal government policy came to be,” Tadd said.

Also participating were Joe Nayquonabe Sr.; Melanie Franks and Jim Jones of the Minnesota Indian Affairs Council; and three employees of the Minnesota Department of Transportation: David Tomporowski, Edward Fairbanks and Linda Aitken.

The second day opened with Dakota Reflections from Janice Bad Moccasin, Assistant Tribal Administrator for the Shakopee Mdewakanton Sioux Community, followed by four breakout sessions: Q&A: Answers to Your Historic and Cultural Questions; Tribal Liaison Panel Discussion: Interacting with the Tribes — Meaningful and Timely Consultation; Cooperation and Coordination: State Agencies Working with Tribal Counterparts; and Q&A: Tribal Attorney Panel.

The afternoon session was a Tribal Leader Panel Presentation: Consulting and Building Partnerships with American Indians. The panel was composed of Mille Lacs Band Secretary/Treasurer Carolyn Beaulieu, District I Rep. Sandra Blake, District II Rep. David ‘Niib’ Aubid and Leech Lake Band District III Rep. LeRoy Fairbanks.

Tadd said state employees had many good questions and enjoyed the opportunity to interact with tribal members, employees and officials.

U.S. Attorney Charges 41 with Selling Drugs on Reservations

United States Attorney Andrew M. Luger announced last week the indictment of forty-one members of a multi-state heroin trafficking conspiracy. The 41 defendants named in the indictment were charged with Conspiracy to Distribute Heroin, Methamphetamine, Oxycodone, Hydromorphone, Hydrocodone, and Methadone.

“The indictment of the Beasley drug trafficking organization is emblematic of our commitment to combatting heroin trafficking in Minnesota,” said U.S. Attorney Luger. “These defendants, led by Omar Beasley, represented the most significant source of heroin in Indian Country. Through close collaboration with our federal, local, and Tribal law enforcement partners, we have shut down this major pipeline that was spreading heroin across the Red Lake and White Earth Indian Reservations and the surrounding communities.”

According to the indictment and documents filed in court, from at least April 2014 until April 2015, Beasley, 37, led a drug trafficking conspiracy in which he recruited drug sources, managers, distributors, facilitators, couriers and drivers to bring heroin and other drugs to the Red Lake and White Earth Indian Reservations in Minnesota and Native American communities in North Dakota.

Band Members Producing Jingle Dress Documentary

Toya Stewart Downey Staff Writer

It's long been a desire of Larry "Amik" Smallwood to tell the story he heard growing up of how the jingle dress came to be.

"I used to hear my grandma, Lucy Clark, tell the story of where the jingle dress came from," said Amik. "Back in '79 when I worked at Nay Ah Shing, Ben Sam and Fred Benjamin, both now passed on, also told me the story about the jingle dress."

"I've traveled around and heard stories about the jingle dress and they're all basically the same, but there are some variations," he said. "I've been wanting to do a documentary for the past seven years so we could get the story straight about where the dress originated."

His goal is about to be realized thanks to the hard work and shared vision of others, including Band members Rick Anderson and Natalie Weyaus.

Later this month the trio, along with other Band members, will begin working on a documentary about the jingle dress.

Rick, an experienced producer, director and videographer, will oversee the taping of scenes for the documentary at the Hinckley Powwow, which will be held June 19–21. They will begin filming during the Grand Entry on June 19.

Filming will continue July 1–2 during an exhibition powwow at the powwow grounds in District I. Rick is seeking Band members, employees and others to participate in the documentary by filling the stands or participating in short interviews. He is also seeking jingle dress dancers for both dates.

Rick and Natalie have worked together previously on another successful documentary, "The People of the Big Lake," that was a collaboration with Twin Cities Public Television (TPT). For this project, Rick is working as the producer for TPT and will supervise the TV station's team, including the camera operators. His own company, Eagle Clan Productions, isn't involved making the documentary.

The title of the 30-minute documentary hasn't been determined yet and it is not scripted, Rick said, but instead will feature Amik speaking in Ojibwe and telling the story of how the jingle dress came to be. Another narrator will translate the story into English.

"We are really excited about it and we're excited that it's coming together so we can tell the Mille Lacs story," Rick said.

Here's the story as it was told to Amik:

"About 100 years ago, give or take, a man had this recurring dream and in that dream he dreamt of these four women who were dancing in a certain way. He noticed in the dream there were four colors — red, blue, green and yellow.

After so many times of dreaming, he told his wife about it and she told him maybe we better do something about the dream and she asked him to describe the dresses to her.

She got together with some ladies in the village and they made those dresses according to how they looked in the

dreams. The man also showed his wife how they danced in his dreams and the wife then showed the ladies how they danced.

During one of the drum ceremonies, when they had a break, he got up and announced his dream and introduced the dresses and he brought them out.

There was a little girl at the drum ceremonies who was so sick she was laying on a blanket. She was next to the man and his wife, she could have been their daughter or granddaughter. When those ladies started dancing with those dresses she immediately began to look around and stir a bit.

As they danced through the evening eventually she sat up and she kept looking. High into the night, she was up dancing with the ladies in the jingle dresses. That's why they say it's a healing dress.

The Mille Lacs people later on gifted the jingle dress to our Canadian relatives and also to White Earth Nation. And then to Leech Lake. The White Earth people gifted the Lakota people the jingle dress and then the story of the jingle dress took off.

Now, the colors of the jingle dress have a connection to the big drum ceremonies, but it was not explained to me.

The traditional jingle dress dancers never carried fans and never wore eagle feather and never wore leggings. They only had a belt and carried a small bag with them. The dancers moved forward and in a rapid side-to-side movement. They didn't have fancy footwork, didn't turn around and didn't back up when they were dancing. They were red, yellow, blue and green dresses and there were shiny little cones on them.

That's the story that was told to me."

Band member Pete Gahbow and his drum group will provide music in the documentary. Four women, Darcy BigBear, Chasity Gahbow, Ah-Nung Matrious and Karla Smallwood, will represent the four jingle dress dancers from the old man's dream.

Six-year-old Arianna Sam, daughter of Herb and Patty Sam, will play the role of the little girl.

Herb and Patty said, "We are happy she is going to be part of this documentary and believe that this story should be told as it really happened.

"Arianna's part is important because it will show how the dress originated, talk about why it is used, and show how the dress is used through generations of dancers as a healing dress and one that is highly respected."

Patty and Adrienne Benjamin will be the dressmakers for the film project.

Natalie said the Band, along with a grant from the Minnesota State Arts Board, is financing the documentary that will be shown on Twin Cities Public Television, which is also a collaborator on the project.



Rick Anderson filming a scene for a Federal disaster video with police, the military and Feds.



Ariana Sam will play the role of the little girl in the jingle dress documentary.

"There are stories all over the U.S. and Canada that say the jingle dress originated in their territory or reservation," said Natalie, who is the grant manager for the arts board funding.

The documentary team meets weekly and will use the summer to complete filming on the project. The group expects the final powwow footage to be shot during the Mille Lacs Band of Ojibwe Traditional Powwow in August. Then Rick will edit the piece and it should be final by the end of the year.

"The pictures or videos will be historic footage for future generations to see," Natalie said.

Amik said that while it took time to secure the funding and for all of the pieces to come together, he is pleased it's finally coming to fruition.

"The documentary will show our history and the protocol of the jingle dress," he said. "It's important that our people and our children know the Mille Lacs story of the jingle dress."

Rick added that the documentary "will be as real as it can be based on the story and when it was first told."

He said there will be "some updates and scenes filmed in contemporary fashion with music as it is now, but it will also show how far we've come today."

Seeking Volunteers

Those who have a personal story to tell about how the jingle dress has influenced their lives, or about their experience as a jingle dancer are encouraged to contact Rick Anderson at **eagleclan24@yahoo.com**. He is seeking people to provide a 15-second sound bite that can be considered for the documentary. Please provide a photo and a brief description of what you would like to say.

Highway 169 Bridge Replacement Project Near Lake Mille Lacs Begins June 1

Five-month project uses bypass lanes to minimize traffic impacts

Motorists on Highway 169 in Vineland, along the southwest shore of Lake Mille Lacs, may encounter slow traffic, flaggers and delays as a project to replace the Highway 169 bridge spanning the Rum River begins Monday, June 1.

Initially, Highway 169 between Twilight Road and Vineland Road will be reduced intermittently to a single lane during non-rush hours. When lanes are closed, flaggers will control traffic through the work zone. These initial closures will occur June 1 through late-June while crews construct temporary lanes to

carry traffic during the new bridge construction.

Motorists approaching the Highway 169 work zone in Vineland should slow down, be prepared to stop if necessary and watch for crews and heavy equipment.

In late-June, Highway 169 between Twilight Road and Vineland Road will be switched to temporary bypass lanes with narrow shoulders and a reduced speed limit.

The new bridge and all permanent lanes of Highway 169 will open by Oct. 29.

When complete, the project will result in a longer bridge with wider shoulders, improved safety and smoother ride.

*To learn more about how bridge and road projects are chosen and funded, visit Get Connected at **mndot.gov/getconnected**. For real-time travel information anywhere in Minnesota, visit **511mn.org**.*

Breaking the Silence: Confronting the Problem of Elder Abuse

Toya Stewart Downey Staff Writer

Though it’s been an issue that has been around for longer than anyone knows, only in recent years has the topic of Elder abuse been openly discussed and addressed across Indian Country.

In March the Mille Lacs Band held a conference on Elder abuse, “Cultural Awareness is Prevention,” that was followed in April by the Minnesota Chippewa Tribe’s (MCT) “Indigenous Elder Abuse Awareness Conference.”

“We believe the more it’s talked about and openly addressed, the easier it is for Elders to speak up and talk about things they are going through,” said Joanne Mulbah, the MCT’s manager for the supplemental nutrition assistance program.

“Elders write to us and tell us that now, because of these kinds of conferences and conversations, they know how to get help and how to talk about it,” Joanne added.

This year, the fourth year the MCT has offered a conference on Elder abuse, had the biggest turnout so far. More than 340 attended from across the state and from Arizona, Oklahoma and South Dakota. The Mille Lacs Band was a major sponsor of the conference.

“Chief Executive Melanie Benjamin and other Mille Lacs leaders have been very supportive of the event,” Joanne said.

When the Band offered its Elder abuse conference, the goal was to bring awareness to people and create a safe forum for discussing some of the solutions, said Cindi Douglas, the Band’s Elder Abuse Program Coordinator.

“Elder abuse is different than sexual or domestic abuse,” said Cindi. “It can be financial abuse, neglect, abandonment, or it can be self-neglect.

“Elder abuse is where domestic violence was 30 years ago. People barely recognize or talk about it, let alone ask for or find help,” said Cindi, adding that the Mille Lacs Band is only one of two tribes that have an Elder abuse program.

To help create awareness and to encourage conversations about it, Cindi frequently makes presentations, attends Elder meetings, and offers training to the police.

In July, August and September, the Band’s program will host Elder fishing trips at Eddy’s Resort in an effort to get to know Elders better and begin conversations about abuse.

Elder abuse is not exclusive to Native Americans, but it seems to strike a different chord because of the cultural teachings of the Ojibwe that say Elders are to be respected and honored.

“The Ojibwe culture teaches people that they are supposed to take care of their family,” said Cindi. “For many in the younger generation, there’s a lack of respect for Elders and the culture.”

Joanne shares a similar perspective.

The common theme that comes out during her conversations and during the conferences is that strengthening the culture is critical.

“Children need to hear this and the professionals who work with Elders need to hear this,” she said, adding that the Mille Lacs Band sponsored the MCT conference’s keynote speaker, who focused on the importance of language and culture.

The loss of culture is a critical piece of the problem, said Sam Moose, Mille Lacs Band Commissioner of Health and Human Services.

“The negative impact of historical trauma and loss of culture are contributing factors to abuse in Indian Country, which unfortunately does not exclude Elders,” Sam said.

“Additionally, the strong tribal values of the community and family, along with the mistrust of mainstream systems, become very real factors for Elders when they report abuse or seek protection,” he added.

“These factors make addressing the issue in Indian Country very difficult with current law and will require a tribal solution that includes codes and tribal statutes.”

If anyone has witnessed or suspects abuse of an Elder, many resources are available. The Band has a Family Violence Prevention Program, including a crisis line and shelter, along with community advocates and family services. For help 24/7 call the crisis line at 866-867-4006. For more information about the Band’s program call Cindi Douglas at 218-768-3311.

County Hears Arguments for Social Host Ordinance

Brett Larson Staff Writer

The Mille Lacs County Board of Commissioners on Tuesday, May 19, held a public hearing to receive input on adoption of a social host ordinance, which would make it illegal to host a party where underage drinking occurs. The board will vote on the proposed ordinance June 2. See millelacsband.com for the result of the vote.

The ordinance would make it a misdemeanor to host or allow a party on public or private property where underage drinking takes place, regardless of who provides the alcohol.

The Mille Lacs Area Partners for Prevention are encouraging the board to adopt the ordinance. Amber Kent said 10 youth and several adult coalition members attended the hearing, and some of the youth testified in favor of the ordinance. Kent said, “Of course there were some there that were opposed to the ordinance that got up and spoke as well, but that was good as we were then able to provide supportive arguments for their concerns.” Letters of support and opposition were also read aloud.

The group has been trying to dispel myths about the ordinance by emphasizing several points:

- Individuals cannot be charged if they did not know about

an underage drinking party.

- Parents cannot be charged for allowing or permitting alcohol use by their own child while present in their own household.
- This does not apply to legally protected religious observances.
- Individuals cannot be charged if they take steps to prevent the underage drinking once they realize it is occurring.

The MAPP group, which is chaired and co-chaired by Band employees Amanda Nickaboine and Byron Ninham, also makes the following points in advocating for the ordinance:

- 90 percent of community adults disapprove of high school youth drinking alcohol.
- OVER 100 towns and cities in MN have already adopted social hosts ordinances.
- 26 counties in MN have adopted a social host ordinance.
- MN youth who drink alcohol monthly or more often are at least 6 times more likely to have used marijuana or abused prescription drugs not prescribed to them.
- 85 percent of community adults are concerned about the

harm from underage drinking.

- 46 percent of Mille Lacs county 11th grade students who reported consuming alcohol in the past 30 days said they obtained the alcohol from parties.
- 100 percent of local law enforcement officers agree their communities should adopt a social host ordinance.
- A Social Host Ordinance will help the many youth who don’t drink feel supported in their choice NOT to.

Sheriff Brent Lindgren and County Attorney Joe Walsh both support the adoption of the ordinance.

According to a MAPP brochure on the social host ordinance, “Underage use of alcohol has many adverse individual, social, and economic impacts on a community. Law enforcement reports it is often difficult to determine the actual provider, but often times there is someone who knowingly hosts, allows, or provides a venue for this illegal activity. Communities have found that imposing criminal responsibility on social hosts has a deterrent effect and reduces the number of underage drinking parties.”

NCAI Midyear Conference to be held in St. Paul

The National Congress of American Indians will meet at RiverCentre in St. Paul June 28 to July 1 for their midyear conference. Mille Lacs Band Member Shena Matrious has been serving as co-chair of the local planning committee.

The welcoming reception on Sunday, June 28, will be held at the Mille Lacs Band’s Crowne Plaza Hotel.

Lee Staples will give the opening invocation on Monday morning, June 29, and the AmVets Post 53 honor guard will present the colors. Timber Trails drum group — made up of Band members Chris Gahbow, Quintin Sam, Percy Benjamin and John Benjamin — will also participate in the opening ceremonies.

Cultural Night on Tuesday, June 30, will also be held at Crowne Plaza. Swamp Nation, a

drum group from East Lake, has been invited to participate in cultural night. Band Elder Larry ‘Amik’ Smallwood will present the story of the jingle dress.

The theme of the conference is “Nurturing Tribal Resources: Culture, Land and People.” Each day’s agenda includes dozens of sessions on a variety of topics, in addition to meetings of the executive committee and subcommittees. General Assemblies will be held Monday, June 29, Tuesday, June 30, and Wednesday, July 1.

*More information is available at **ncai.org**. See the July issue of Inaajimowin and **millelacsband.com** for more information.*

Eddy's Resort: Same Name, New Look

Andy McPartland Staff Writer

On May 5th, Eddy's Resort re-opened its doors to the public, revealing a major makeover to the Lake Mille Lacs mainstay. The event included an official ribbon cutting, full tours of the property and speeches from Mille Lacs Corporate Ventures CEO Joe Nayquonabe, U.S. Congressman Rick Nolan, Chief Executive Melanie Benjamin, and National Indian Gaming Association Chairman Ernie Stevens, Jr.

Eddy's Resort was established in 1960 by Edward Silker, a local man who also attended the re-opening. The resort became an iconic staple to the area, as it served as a boat launch for fishing excursions.

In 2002, Eddy's was acquired by the Mille Lacs Band's Corporate Commission — now known

as Mille Lacs Corporate Ventures. The Band is excited to be part of the Lake Mille Lacs resort community and to carry on the legacy of Eddy's.

The revamped Eddy's Resort now offers several lodging options for guests to rent: 64 rooms, 1 Parlor suite and 4 private cabins. As always, guests can bring their own boat or rent an Eddy's vessel for a leisurely boat ride or fishing expedition.

Another new addition to the property is The Launch Bar & Grill. The restaurant features craft beer, cocktails, and a full menu of food from appetizers to signature entrees.

Stop in and see the all-new, Eddy's Resort today! Grab a drink, bite, or stay the night. For more information, visit eddyresort.com or call 320-532-3657.



Comfortable rooms, a lobby with a fireplace, and a gourmet restaurant are among the attractions at the new Eddy's Resort.

Dr. Eddy Silker and his wife were on hand for the grand opening.



Participating in the official ribbon cutting were Mille Lacs Band District II Representative David 'Niib' Aubid, Mille Lacs Corporate Ventures CEO Joe Nayquonabe, Jr., Mille Lacs Band Secretary Treasurer Carolyn Beaulieu, National Indian Gaming Association chairman Ernie Stevens, Jr., Congressman Rick Nolan, Mille Lacs Band District III Representative Harry Davis, Mille Lacs Band District I Representative Sandra Blake and Mille Lacs Band Chief Executive Melanie Benjamin.



Chief Executive Melanie Benjamin and U.S. Rep. Rick Nolan addressed the crowd.

Student Achievement Celebrated at American Indian Graduation Banquet

Mick Sawinski Staff Writer Bonn Banwell Photographer



Pictured (L-R): Sierra Churchill, Mariah Harrington, Ethan Smith, Samantha Mitchell, Noel Kegg, and Anna Davis



Noah Benjamin-Sam



Alexis Staples

On May 13th in the Rolf Olsen Center in Onamia, 17 recent high school graduates were honored for their hard work and commitment to their studies. Guest speaker Suzanne Wise, Commissioner of Education, spoke highly of each graduate. Other speakers included Nay Ah Shing School Principal Noah Johnson and Onamia Principal Jason Vold. Congratulations to each graduate on your achievement and we apologize if we missed any names.

East Central

- Jessica Benjamin

Hinckley-Finlayson

- Daylon Feuerhake
- Taylor Jackson
- Laikora Thompson
- Jacob Stenger

Isle graduates

- Makina DesJarlait

McGregor graduates

- Ashlinn Moore
- Brandon Wilkie
- Casandra Hill

Nay Ah Shing graduates

- Dallas Anderson
- Sage Boyd-Davidson
- Jakob Cash
- Paige Mitchell
- Tahnisha Sam

Onamia graduates

- Brittani Benjamin
- Sierra Churchill
- Anna Davis
- Jasmine Feters
- Mariah Harrington
- Noel Kegg
- Samantha Mitchell
- Ethan Smith

To learn more about each graduate, we had them answer a series of questions about future plans, favorite memories and their greatest strengths. Once again, congratulations to all of this year's graduates!



Commissioner of Education Suzanne Wise.



Makina Desjarlait with her parents

Mariah Harrington, 18

What's next after high school?: I plan to work and attend college.

What's your favorite memory of high school?: Too many amazing memories to name but my most recent memory is preparing to graduate.

What you will miss most about high school?: Learning from teachers that have been great mentors to me.

What are your greatest strengths?: I possess many great attributes, many qualities such as persistence, dedication, and intelligence. I have a great personality but most importantly a big caring heart.

Anna Davis, 18

What's next after high school?: College.

What's your favorite memory of high school?: Sports.

What you will miss most about high school?: Friends.

What are your greatest strengths?: Sports and language.

Samantha Naomi Mitchell, 17

What's next after high school?: College.

What's your favorite memory of high school?: After school activities.

What you will miss most about high school?: The sports.

What are your greatest strengths?: Determination, drawing, and math.

Ethan Smith, 17

What's next after high school?: I am going to get a job, and relax this summer.

What's your favorite memory of high school?: When I was in the 8th grade, that was the best year I have had.

What you will miss most about high school?: I will miss

my friends.

What are your greatest strengths?: To keep on doing what I do.

Noel Kegg, 18

What's next after high school?: Dental assisting school in Tucson, AZ.

What's your favorite memory of high school?: Class trips.

What you will miss most about high school?: Basketball season.

What are your greatest strengths?: Very outgoing and love to travel to youth conferences.

Sierra Churchill, 18

What's next after high school?: Spend summer in Arizona and off to college in the fall.

What's your favorite memory of high school?: Making new friends.

What you will miss most about high school?: The extra curricular activities.

What are your greatest strengths?: I'm persistent and goal orientated. I laugh and have fun.

Makina Anung-Ikwe DesJarlait, 20

What's next after high school?: Looking into jobs and schools.

What's your favorite memory of high school?: Learning new stuff to prepare for the future.

What you will miss most about high school?: Seeing everyone's beautiful faces.

What are your greatest strengths?: Being kind to others.

Nay Ah Shing Graduation

Nay Ah Shing graduation was held at 6 p.m. Thursday, May 28. Speakers were Chief Executive Melanie Benjamin, Commissioner of Education Suzanne Wise, and social studies teacher Amanda Sorby. Heather Sasse was the master of ceremonies.



2015 Nay Ah Shing graduates Jakob Cash, Tahnisha Sam, Darian Kegg, Paige Mitchell, Dallas Anderson Jr., and Sage Boyd-Davidson.



Nay Ah Shing School drummers played a Grand Entry song and an Honor Song.

9th Annual Ojibwe Language College Quiz Bowl

Ramona Bird Grant Writer

The 9th Annual Ojibwe Language College Quiz Bowl, sponsored by the Tribal Sovereignty Institute, took place on Saturday, April 25 at the University of Minnesota-Duluth (UMD).

Six teams representing Minnesota colleges participated in the competition, which supports high school students continuing their Ojibwe studies at the university level.

The Quiz Bowl was a double-elimination tournament comprised of two divisions: Division I was for teams that have less than one year of Ojibwe language courses at the college level and Division II teams had more than one year of study.

After exciting competition rounds, UMD clinched first place in Division I. Second place went to the Fond Du Lac Tribal and Community College/Central Lakes College. In Division II, University of Minnesota-Twin Cities secured first place and second place went to UMD.

Congratulations to the Division I second place team, Michelle Beaulieu and Bob Andrys representing Central Lakes College and Trevor Spry representing Fond Du Lac Tribal and Community College/Central Lakes College.



Michelle Beaulieu and Bob Andrys (holding his son), representing Central Lakes College, took home second place in Division I.

To read more about the 9th Annual Ojibwe Language Quiz Bowl, visit <http://bit.ly/1JjZV15>



URBAN AREA

End of the School Year Picnic & Community Celebration (ESYP)

The ESYP is Saturday, June 13, 2015 from 11 a.m. – 2 p.m. Join us for this annual event now held at Minnehaha Falls Wabun Park D Pavilion.

Game contests include hula hoop, egg toss, guess the candies in jars, and other games. There's face painting and balloon twisting by Anita Lovelace of "Twisted Balloons."

On the menu: hamburgers, hot dogs, brats, polish, potato & mac salad, chips, beans, fruit, cupcakes, cookies, and refreshments.

There will be door prizes for kids and adults. MUST be present to win. Volunteers needed. Come early at 9 a.m. to help with set-up, games, and give us a hand.

Bring your lawn chairs, blankets, and towels — there's a pool nearby.

Call the Urban Office if you can help! Happy summer!

Ojibwe Language Classes

Ojibwe language classes are offered in all three districts. In District I, John P. Benjamin offers classes Monday through Friday and individual programs at the community center. Wednesday night is a "language table" at the community center from 6 to 8 p.m. For more information, call John at 320-532-4181, ext 7831.

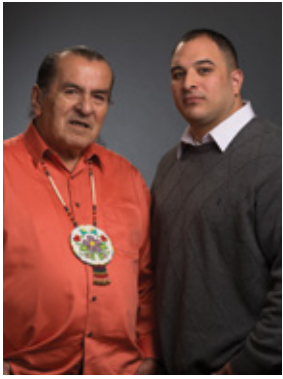
In District II, Adrienne Benjamin holds classes for youth at Chiminising Niigaan, and she will soon add a Monday evening adult class. Check with Adrienne at 320-233-6269. for summer hours. Sam Peet will be teaching classes at East Lake. Contact Sam for details at 218-768-3311.

In District III, Amik and Dave Matrious hold class on Tuesday nights from 6 to 8 p.m. at the old corporate building in Hinckley. For more information, call Amik at 320-233-6269 or Dave at 320-384-7598.

Interested in submitting to the *Inaajimowin*?

Send your submissions and birthday announcements to Mick Sawinski at mick@redcircleagency.com or call 612-465-8018.

The July issue deadline is June 15.



Daga Minawaanigozidaa Bimaadiziyang Let’s Be Happy in Our Lives

Lee Staples Gaa-Anishinaabemod Obizaan **Chato Gonzalez** Gaa-Anishinaabewibii’ang Ombishkebines

Mii dash waa-tazhindamaan aaniin ge-izhichigepan a’aw Anishinaabe da-ni-minawaanigwendang bimaadizid. Ishke noongom a’aw Anishinaabe gaawiin odani-mikwenimaasiin naa gaye gaawiin odani-apenimosiin inow Manidoon i’iw iko akeyaa gaa-izhi-bimiwidood i’iw bimaadizid a’aw Anishinaabe ishkweyaang gaa-ayaad.

What I want to talk about is what *Anishinaabe* can do to live a happy life. Today *Anishinaabe* does not think about or does not rely on the *Manidoog* as *Anishinaabe* way back used to.

Ishke imaa wiigiwaaming gii-kabeshid mewinzha a’aw Anishinaabe, nawaj imaa besho ogii-wiij’ayaawaan naa gaye apane gii-noondawaad inow Manidoon imaa eyaanijin bagwaj. Mii-go apane gii-asemaakawaad inow Manidoon. Mii imaa weweni gii-noondawaad gii-pagakitawaad inow Manidoon, onji imaa biinji-wiigiwaaming gii-kabeshiwaad. Mii dash imaa gaa-onjikaamagak moozhag gii-asemaakawaad inow Manidoon. Ishke dash noongom biinji-waakaa’iganing ayaayang, gaawiin igo gidaabaji-noondawaasiwaanaanig ingiw Manidoog bagwaj imaa eyaajig eshkam gidani-wanenimaanaanig da-apenimoyangiban.

Long time ago when *Anishinaabe* used to live in wigwams they lived much closer to the *Manidoog* and constantly heard them. They constantly put tobacco for the *Manidoog*. They were able to hear the *Manidoog* clearly, because they lived inside of these wigwams. As a result of the ability to hear the *Manidoog*, they put their tobacco for them often. Because we live in houses these day, we do not always hear the *Manidoog* that are outside, and as a result we are forgetting about the *Manidoog* and that they are a source of help for us.

Ishke dash a’aw Anishinaabe ishkweyaang apane gii-noondawaad inow Manidoon imaa bagwaj miinawaa apane gii-asemaakawaad gii-kanoonaad inow Manidoon da-naadamaagod. Gaawiin igo aapiji nebowa imaa biinjina ogii-ayaanziin ge-wanishkwe’igod iko awiya ondamendang gegoo maagizhaa gaye niizaanendang gegoo.

Long time ago since the *Anishinaabe* always heard the *Manidoog* out in the wild they in turn always made tobacco offerings to them asking for their help. They did not have all of the inner turmoil of being worried or being fearful of anything.

Ishke iko a’aw Anishinaabe gii-tazhindang i’iw wasidaawendamowin, mii i’iw akeyaa gaa-izhi-gagaanzomindwaa gaa-kagwaadagitoojig, “Mii imaa bagwaj izhaag da-o-nisanaamoyeg ogii-izhi-wiindaanaawaa. Mii ingiw Manidoog bagwaj eyaajig gida-noondaagowaag gida-zhawenimigowaag miinawaa gida-naadamaagowaag.” Ishke mii imaa gii-wiindamaageng, nebowa ingiw Manidoog ayaawag imaa bagwaj ge-naadamaagojin a’aw Anishinaabe.

When our *Anishinaabe* spoke of emotional difficulties they were having such difficulties were told, “Go out into the woods, scream, cry, and holler to release your emotions. The *Manidoog* will hear you, they will take pity on you, and they will help you.” Because of this teaching, we know that there are a lot of *Manidoog* out there that will help the *Anishinaabe*.

Ishke dash noongom a’aw Anishinaabe eyaad, gaawiin omoonendanziin i’iw inagokwekamig Manidoon imaa eyaanijin imaa megweyaak. Ninoondawaag sa wiin igo aanind a’aw Anishinaabe ani-dazhindang ezhi-naadamaagoowizid imaa megweyaak baa-ayaad.

Nowadays the *Anishinaabe* does not realize the abundance of *Manidoog* out in the woods. I do however hear of some *Anishinaabe* talk about the help they get by being out in the woods.

Mii imaa noongom ge-izhaapan a’aw Anishinaabe ani-gagwaadagi’igod gegoo. Ishke ingiw mitigoog imaa naabawijig imaa bagwaj manidoowaadiziwig Mitigwaabiiwininiwan izhi-wiinjigaazowan inow Manidoon gegigaabawiwaajin. Mii a’aw bezhig a’aw Manidoo eyaad ge-naadamookiban. Maagizhaa gaye besho gidaa-naaniibaw da-minjiminad a’aw mitig. Mii imaa azhigwa gaa-asemaakawad, mii imaa ge-biindigeshaagoyamban i’iw menidoowaadak gegigaabawiwaad ingiw mitigoog da-ni-naadamaagoowiziyan dash da-ikowebinigaadeg wenishkwe’igoyan.

That is where the *Anishinaabe* can go when he is having a difficult time. The trees that stand out in the woods are spiritual beings and the *Manidoog* within them are known as Mitigwaabiiwininiwig. That is one *Manidoo* that could help you. What you could do is stand close and hang on to a tree. With your tobacco being offered, the spiritual energy from the tree can go into your spirit and knock out whatever is bothering you, helping you as a result.

Ishke gaye ingiw bineshiinyag, nebowa gaye imaa ayaawag imaa bagwaj. Ishke geget manidoowaadiziwig gaye wiinawaa. Ishke niminewendaan iko “nishiimedog” izhi-wiinagwaa bineshiinyag. Ishke mii a’aw Manidoo eniwemag a’aw Wenabozho ezhi-wiinaad. Mii gaye inow ge-naadamaagopanen a’aw Anishinaabe ani-asemaakawaad. Aano-go agaashiinyiwaad nebowa ingiw bineshiinyag, gaawiin gidaa-aanawenimaasiwaanaanig geget mashkawaadiziwig naa gaye geget manidoowaadiziwig.

There are also the birds that are plentiful out in the woods. These birds also have spiritual powers. I love addressing the birds “*nishiimedog*”. That is the way *Wenabozho* addressed the birds as his little brothers and sisters. These are the ones that also help the *Anishinaabe* when they put their tobacco. Even though these birds are small in size, we cannot underestimate their strength and spiritual powers.

Ishke dash nebowa omaa ayaawag gaye ingiw awesiinyag bebiywaabaminaagozijig, mii-go dibishkoo ezhi-manidoowaadiziwaad gaye wiinawaa. Ishke ingiw akiwenziyibaneg ogii-tazhindaanaawaa mewinzha gii-moonenimind a’aw Anishinaabe gaa-izhi-manezid i’iw bimaadiziwin. Gii-pi-azhegiwe a’aw Niigaani-Manidoo gii-nandwewemaad inow owiiji-manidooman da-naadamawindwaa ingiw Anishinaabeg gaa-izhi-gidimaagiziwaad. Ishke dash mii ingiw gakina ingiw awesiinyag ingiw mesoosaabewaabaminaagozijig biinish gaye bebiywaabaminaagozijig wayeshkad gaa-nakodangig wii-naadamawaawaad inow Anishinaaben. Ishke dash gaa-ni-inaajimong, mii imaa ani-wiindamaageng gaa-izhi-zhawenimaawaad inow odanishinaabemiwaan ingiw awesiinyag, mii-go dibishkoo ezhi-zhawenimaawaad odanishinaabemiwaan noongom.

There are many animals that are small in size, but yet who are also powerful beings. The old men told about the time that when it was realized that the *Anishinaabe* was lacking spiritual energy in their lives. The creator or the head *Manidoo* came back to where the people were and called on his fellow *Manidoog* to help the *Anishinaabe* who were really pitiful. It was all of the animals, from the largest beings to the tiniest of them who were the first to answer the request of the head *Manidoo* to help the *Anishinaabe*. That story tells us how much compassion the animals had for the *Anishinaabe* at that time, and they still carry the same compassion for the *Anishinaabe* today.

Mii gaye imaa nibiikaang ani-dazhimindwaa ayaawaad ingiw Manidoog. Ishke gaa-izhi-gikino’amaagooyaan gii-kwiizensiwiyaan, asemaa weweni akawe indaa-asaa imaa nibiikaang dabwaa-dazhitaayaan imaa. Nigii-wiindamaagoo, aniindi-go ani-waasaabikideg i’iw nibi, Manidoog imaa ayaawag imaa zaaga’iganiing miinawaa ziibiing. Nigii-igoo, da-ni-manaaji’ag Manidoo imaa eyaad. Gego anooj indaa-baa-izhichigesiin imaa nibiikaang. Dabwaa-bagizod imaa nibiikaang maagizhaa gaye azhigwa wii-wewebinaabiid maagizhaa gaye wii-manoominiked dabwaa-bagidaabiid, akawe asemaan odaa-asaa a’aw Anishinaabe, ingii-igoo. Ishke gaye ingiw giigoonyag imaa eyaajig imaa nibiikaang gii-miinigoowizi a’aw Anishinaabe da-ondanjiged. Manidoowaadiziwig gaye wiinawaa ingiw giigoonyag.

There are also the *Manidoog* who exist within the bodies of water who are talked about. When I was a young boy I was taught to put my tobacco in the water before going into the lake. I was told that wherever there were bodies of water, such as lakes or rivers there is a *Manidoo* within. I was told to respect that *Manidoo* in that body of water. I should not fool around while I am in the lake. Before *Anishinaabe* swims in the lake, maybe prior to fishing, ricing, or netting, I was told that *Anishinaabe* should put their tobacco first. There are also fish in the lake that *Anishinaabe* were given to eat. Those fish too are spiritual beings.

Ishke awiya ani-ganawaabandang iniw anishinaabewinikaazowinan eyaang noongom a’aw Anishinaabe, mii-go omaa nebowa a’aw Anishinaabe apinikaazod inow awesiinyan, bineshiinyan, naa-go wawaa inow giigoonyan. Ishke dash a’aw Anishinaabe ani-waawiindaawasod, mii imaa gii-pi-naazikaagod inow Manidoon gegishkawaawaajin inow awesiinyan, bineshiinyan, naa-go gaye giigoonyan. Mii-go imaa miinawaa wiindamaagoowiziyang ezhi-manidoowaadak gakina gegoo omaa eyaamagak omaa akiing.

If someone were to take a look at the *Anishinaabe* names that people have, they will see that many of these names come from the animals, the birds, and even the fish. When someone is going to give a child an *Anishinaabe* name, it is the spirit within these **Continued on page 11**

animals, birds, and the fish that approach the name giver. Here is another example of a teaching where we are told that everything on this earth has spiritual energy.

Geget nebowa ayaamagad ge-naadamaagod a’aw Anishinaabe ani-gagwaadagitood. Ishke mii i’iw mewinzha a’aw gidanishinaabeminaan gaa-onji-minwaanigwendaagozid gii-pimaadizid, mii imaa gii-apenimod inow Manidoon bagwaj eyaanijin gaye. Ishke ani-biminizha’amang miinawaa ani-gikinawaabamang

a’aw gidanishinaabeminaan mewinzha gaa-izhi-bimiwidood obimaadiziwin zakab gida-izhi-ayaamin imaa biinjina miinawaa da-ni-minawaanigoziyang.

Without a doubt there is a lot to help the *Anishinaabe* when he is having a hard time. That is why our *Anishinaabe* from way back enjoyed life, because he relied on those *Manidoog* in the wild to help him. If we go after and learn from the *Anishinaabe* in the past how they carried their lives, we will be at peace within and as a result be happy with our lives.



DISTRICT 3

Lake Lena Elementary Students Take in the Como Zoo

Mick Sawinski Staff Writer/Photographer

On May 14th Head Start students from Lake Lena Elementary visited the Como Zoo in St. Paul. Students spent the day learning about different types of wildlife. The trip was an end-of-the-year reward for the students’ hard work in class.



Pictured (L-R): Avriana Benjamin, Jonathon Reynolds, KimBella Defoe, Rylan Hatfield, Eugenia Martin, Mckayla Jenkins, Xzavier St John, Niindaanis Jenkins, Aris Richey, and Westin Echeverria.

Protect Our Lands from the Sandpiper Pipeline

A public hearing on the Enbridge Sandpiper Pipeline was scheduled for Friday, June 5, at 10 a.m. at the East Lake Community Center, 36666 State Hwy. 65, McGregor, MN 55760.

Since no hearings were held on any of the Indian reservations that will be impacted by this project, Chief Executive Melanie Benjimin scheduled the hearing under the authority of the Mille Lacs Band of Ojibwe as a sovereign Indian Nation charged with protecting the welfare of its Members.

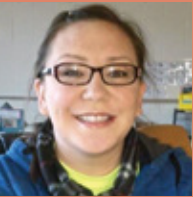
For information on the outcome of the hearing and an update on the status of the proposed Sandpiper Pipeline, see millelacsband.com or the July issue of Inaajimowin.

Vineland Road to be Paved

Vineland Road, which runs between Hwy. 169 and Timber Trails Road, will be paved this summer in a cooperative project of the Mille Lacs Band and Kathio Township. Construction is expected to begin in late June or early July and to last two or three weeks.

Gidinwewininaan

Baabiitaw Boyd Gaa-ozhibii’ang



This month’s article is about the different objectives for children and lessons teaching for kindergarten readiness.

Mii iw waa-

ini-dazhindamaan noongom gaa-kikinoo’amaagoowaad ingiw abinoojiinyag omaa gikinoo’amaadiiwigamigong Wewinabi ezhi-wiinjigaadeg. Mii gii-niizhwaasowag ingiw zayaagijibii’igejig . Anooj dash nigii-kagwe-gikinoo’amawaanaanig ingiw abinoojiinyag weweni da-gashki’ewiziwaad ani-niigaani-gikinoo’amawindwaa. Giishpin dash mizhodamowaad ge-bagakendamowaad onow gikinoo’amaadiiwinan, nawaj wii-wenipanaad wii-izhaawaad iwidi endazhi-maajitaang.

- Da-apiitenindizowaad.
- Da-ani-nitaa-wajepiziwaad.
- Da-nitaa-gwayakosidood zenagakin
- Da-nisidawinang asigibii’iganan
- Da-nisidawinang ozhibii’igaansan
- Da-ani-gikenimaawaad inow manidoon ezhinikaazonid
- Da-ani-apiitendang i’iw anishinaabe izhitwaawin

Ishke dash geyaabi nigikinoo’amaagoomin ge-izhi-nitaa-gikinoo’amaagekwewiyaang naa biinish-go gaye da-ani-nitaa-ojibwemoyaang weweni da-gikinoo’amawangidwaa da-ani-nitaa-ojibwemowaad miinawaa da-gikenindizowaad ezhi-anishinaabewiwaad ingiw abinoojiinyag gaye wiinawaa.

Nay Ah Shing Summer Food Service Program

Nay Ah Shing School on the Mille Lacs Band of Ojibwe Reservation would like to announce their participation in the Summer Food Service Program again this summer.

Meals will be served free of charge to all children ages 1 – 18, without regard to race, color, national origin, sex, age, or disability, at no charge. Meals meet nutritional standards established by the U.S. Department of Agriculture (USDA).

Meals will be provided Mondays through Fridays, starting June 8, 2015 through August 14, 2015 with the exception of July 3, 2015 at:

Nay Ah Shing High School
43651 Oodena Drive
Onamia

Breakfast will be served from 8:15 a.m. to 9:30 a.m.

Lunch will be served from 11:30 a.m. to 1 p.m.

USDA is an equal opportunity provider and employer.

2nd Annual Honor Our Elders Powwow

Friday, June 12
Iskigamizigan Powwow Grounds

Come and enjoy an afternoon of fun, food, dancing, and door prizes. Everyone is welcome!

Lunch served: 11 a.m.
Grand Entry: 1 p.m.
Host Drum: Timber Trails

Elder Warrior and Elder Princess Contest: must be a Mille Lacs Band member Elder, in full regalia, and 55 years or older. **Registration for Elder royalty** is from 11 a.m. – 1 p.m.

For more information call 320-532-7539 or 532-7854.

If you see or suspect Elder abuse, call the MLB Elder Abuse Program: 320-532-7793 or the MLB Elder Services Program: 320-532-7854.

WEWIN Fundrasier Golf Tournament

Saturday, June 20
Grand National Golf Course
300 Lady Luck Drive
Hinckley, MN 55037



Four person scramble. 8 a.m. Shotgun Start.

Three payout categories: Elders, Women, and Men.

Cost: \$400 per team

For details call: 320-532-7486

All proceeds will support scholarships for Mille Lacs Band women to attend the 2015 WEWIN Conference, hosted this year by the Quapaw Tribe of Oklahoma, August 17 – 19, 2015.

Event sponsored by: MLB WEWIN Chapter and Melanie Benjamin, WEWIN Founder and Treasurer.

4th Annual Bradley Roache, Sr. Memorial Golf Tournament

Krista Roache Contributor

Get your team ready! The family of Brad Roache is hosting the 4th Annual Bradley Roache Sr. Memorial Golf Tournament on Saturday, July 25, at Territory Golf Club in Saint Cloud, Minnesota.

Proceeds from the tournament will benefit the Bradley Roache Sr. Memorial Scholarship Fund. Funds are awarded to Native Americans pursuing degrees in law enforcement and criminal justice.

A Mille Lacs Band member, Brad dedicated his life to public safety. He served with the Minneapolis Police Department for 24 years and was active on the homicide/robbery unit and the emergency response unit. After Brad retired, he served the Mille Lacs Band as the director of public safety and the Corporate Commission's director of security and surveillance.

The golf tournament is a four-person scramble. The registration fee is \$400 per team. The tournament will also have raffle prizes, a silent auction, and on-course games.

For more information on the tournament or the scholarship, contact Krista Roache Klug at 320-224-7061 or e-mail brmemorialgolf@hotmail.com.

Memorial Day Powwow

Brett Larson Staff Writer/Photographer

The 20th Annual Memorial Day Powwow, hosted by AmVets Post 53 and Mille Lacs Indian Museum, took place indoors on May 25 due to the rain, but the dancers and drummers didn't let the foul weather dampen their spirits.

Allen Weyaus emceed the event and introduced the honor guard, which was composed of Marvin Beaulieu, John Reed, Diane Nickaboine and Tony Pike. Joe Nayquonabe, Sr. gave the invocation.



Allen Weyaus



Robert DesJarlait and Uvalle RedKnife



Joe Nayquonabe



Little Otter Singers



Honor guard



Dancers of all ages enjoyed songs from several different drum groups.

Wanted: Youth Powwow Dancers

Do you love to dance at powwows? Would you like to represent your community at other powwows for a year? Would you like to be a role model for other youth? If yes, you could be a great candidate to run for Royalty.

Be a contestant at the 49th Annual Mille Lacs Band Traditional Powwow Royalty Contest (August 21–23, 2015).

Candidates must be: 6–18 years of age and a Mille Lacs Band member, or a direct descendant of a Mille Lacs Band member.

Jr. Brave and Jr. Princess: 6–12 years of age

Sr. Brave and Sr. Princess: 13–18 years of age

The deadline to sign up is August 1, 2015, but we recommend that you sign up early so you have plenty of time to complete your required hours for Cultural activities.

For more information and application packets please contact Chasity Gahbow at 320-532-7486 or email Chasity.Gahbow@millelacsband.com.





DISTRICT 2

Inaugural Gii-Ishkonigewag Powwow

The District II Powwow Committee is very proud to announce the Inaugural Gii-Ishkonigewag Powwow, which will take place at the Minisinaakwaang Powwow Grounds located four miles south of McGregor, MN on July 24–26, 2015.

The first 15 registered drums will be paid. Dancer registration will be open daily with daily payouts. The DII powwow committee will be sponsoring a youth special Friday Night, Men's woodland Special Saturday Night, Women's side step special and 3 man hand drum contest on Sunday. The DII powwow committee will be sponsoring a Woodland Warrior Relay on Sunday at

9 a.m. 3 division of co-ed teams will compete in canoeing, running, and biking.

Contact Michaa Aubid at 218-260-7690 or email michaa.aubid@gmail.com. We are also asking youth ages 5–18 (Band members/direct descendants) who are interested in being considered for the Royalty contest to contact Cheyanne Peet at 701-278-0229 or email cheyanne.peet@mlacademy.org. Interested vendors should also contact Cheyanne Peet no later than July 10, 2015. Event details will follow.



DISTRICT 3

24th Annual Grand Celebration

Over \$85,000 in prize money



June 19, 20, and 21 at Grand Casino Hinckley (800-472-6321)

Invited Drums: Big Bear (Saskatchewan), Bear Creek (Ontario), and Thunder Hill (Oklahoma)

Arena Staff:

- **Master of Ceremonies:** Terry Fiddler (Prairie Island) and Amik (Hinckley)
- **Arena Directors:** Sherwin Obey (Montana) and Randy Paskemin (Utah)
- **Judges:** Dino (Flandreau) and Gabe Derosiers (Lake of the Woods Ontario)
- **Local Host:** Little Otter (Mille Lacs)
- **Invited Drums:** Big Bear (Saskatchewan), Bear Creek (Ontario), and Thunder Hill (Oklahoma)
- **Specials Coordinator:** Pete Gahbow (Mille Lacs)

Area Hotels:

- **Days Inn:** 320-384-7751 (104 Grindstone Court, Hinckley)
- **Travel Lodge:** 320-384-6112 (325 Fire Monument Road, Hinckley)
- **RV Park/Campground:** 800-468-3517 (777 Lady Luck Drive, Hinckley)
- **Grand Northern Inn:** 800-468-3517 (604 Weber Avenue, Hinckley)
- **Grand Hinckley Inn:** 800-468-3517 (777 Lady Luck Drive, Hinckley)

WEWIN Fundraiser Golf Tournament: Saturday, June 20 at the Grand National Golf Course. See page 10 for additional information including cost.



DISTRICT 1

Veteran and Active Duty Flags

The Iskigamizigan Powwow Committee is currently seeking out Mille Lacs Band families that intend to honor a family Veteran and/or Active Duty Band members by flying their U.S. Flag at the upcoming 48th Annual Mille Lacs Band of Ojibwe Traditional Powwow which is being held August 15–17, 2015!

Please note that the flag raising will take place on Friday, August 21, 2015. All flags will remain flying for the duration of the powwow and will be illuminated throughout Friday and Saturday nights. The lowering of the flags will take place Sunday, August 23, 2015 prior to the Adult exhibitions. We strongly encourage you and your family to listen for the MC to announce for your family to start gathering at your Veteran's Flag pole.

If your family intends on honor a veteran in your family during this time, please complete the form to your right. All completed forms can be returned to Tony Pike at email Tony.Pike@millelacsband.com or mail to Attention Powwow Committee, 43408 Oodena Dr., Onamia, Minnesota, 56359.

Deadline to confirm your intention is August 14, 2015!



Veteran and Active Duty Family Flags Form

Name of Veteran/Active Duty family member: _____

Rank: _____

Years of Service: _____

Military Service: _____

Military Operation(s): _____

Medals Awarded: _____

Who will be carrying in the Veteran's Flag:

Name: _____

Rank: _____

Military Service: _____

Please provide your name and contact information: _____

Mail this form by Friday, August 14 to:

Attention Powwow Committee
43408 Oodena Dr.
Onamia, MN 56359

TRIBAL NOTEBOARD

Happy June Birthdays to Mille Lacs Band Elders!

Mary Ann Ailport
Donald Ray Anderson
Randall Wayne Anderson
Ronald Dale Anderson
Shirley Ann Beach
Arvina Marie Benjamin
Sharon Lee Benjamin
Rhonda Marie Bentley
Shirley Jane Boyd
David Bradley Jr.
Rory Levine Bruneau
Clifford Kenneth Churchill
Sherry Elaine Colson
Emma Compelube
Brenda Lee Day
Simon Eugene Day Jr.
Ellagene Diane Dorr
Peter Jerome Dunkley
Rosetta Marie Eagle
Bruce Wayne Frye
George Allen Garbow Jr.
Kat Anne Garbow
Melanie Raemel Garbow
Marilyn Ann Gurneau
Monica Louise Haglund
Steven Jerome Hanks
Bruce Duane Hansen
Devona Lee Haskin
Catherine Hedstrom
Shirley Ann Hillstrom
Dorothy Jean Hofstedt
Robert Dwaine Kegg
Connie Lou Kevan
Marlowe James LaFave
LeRoy Joseph Mager
Robert Wayne Mayotte
Clarence Moose
John Gene Morrow
Barbara Jean Mulhall
Dana Lou Nickaboine
Georgia Louise Nickaboine
Joel Jay O'Brien
Alof Andrew Olson Jr.
Gordon Gail Parr
Patricia Pindegayosh
Daniel Wayne Quaderer
Alan Duane Ray
Charlene Ann Shingobe
Charles Duane Shingobe

Warren Skinaway
Pearl Anne St. John
Dean Ray Staples
Frances Staples
Francine Wanda Staples
Judy Ann Swanson
Ann Marie Thalín
Arlene Rene Weous
Loris Marie White
Judy Jo Williams

Happy June Birthdays:

Happy birthday **William Boyd** on 6/1 from Grandma Shirley and family. • Happy 5th birthday **Alizaya Wagner** on 6/1, love Mommy, Elias, Tank, Rico, Gramma Tammy, Uncle Brandon, Auntie Chantel, Jazmin, and Ahrianna. • Happy birthday **Gretchen** on 6/2 from Cassandra, Travis, and Trevor Powers. • Happy birthday **Auntie Arvina** on 6/2 from Cassandra, Crystal, Leighnah, Kayla, and Caryn. • Happy birthday **Dante James** on 6/3 with lots of love from Mom, Selena, Maysun, Shawsha, Soul, Daymon, Grama Vera, Stone, DeaLayna, Derek, and Frankee. • Happy 9th birthday **Jada Marie Wind** on 6/5, love always, Mom and Dad. • Happy birthday **Rome Bedausky** on 6/7, with love from Mom, Dad, Logan, Uncle Jerome, Nikki, Brent, Lyric, Taryn, and Gramma Mary. • Happy birthday **Leona Yellowhammer aka Kitty** on 6/8, love Mom. • Happy birthday **Booty** on 6/9, love Booty. • Happy birthday to my cuz **Rodney** on 6/9 from Brigitte and Donnie. • Happy 1st birthday **Logan Best** on 6/14, love Mom, Dad, Brother Rome, Brent, Lyric, Taryn, Grandma Mary, Uncle Jerome, Nikki, Uncle Guy, and Grandma & Grandpa Best. • Happy 1st birthday **Bianca Valerie** on

6/16, love Mom, Dad, Papa Brad, Grannie Kim, Papa Kyle, Braelyn, Payton, Eric, Wesley, Brynley, Auntie Val, Pie, Kev, Uncle Jay, Taylor, Adam, Uncle Bruce, Jayla, Lileah, Auntie Randi, and Auntie Rachel. • Happy birthday **Luis** on 6/16, love Elijah Alexander, Mom, Isabel, Dana, Braelyn, Brynley, Michael Jr., Grandma Pam, Tommy, Ana, and Reese. • Happy birthday **Sasha** on 6/16 from Cassandra, Travis, and Trevor. • Happy 1st birthday **Dana Micheal Schwensen** on 6/17, love, Mom, Dad, Nana Stacey, Luis, Elijah, Braelyn, Brynley, Michael Jr., Great Grandma Pam, Tommy, Ana, and Reese. • Happy 55th birthday to my loving husband **Steven Hanks** on 6/18 from your wife, Lorna and all the kids and grandkids. We love you, hope your day is full of joy. • Happy birthday **Auntie Jen** on 6/19 from Cassandra, Travis, and Trevor. • Happy birthday to my **Great Auntie Shirley** on 6/19 from Brigitte and Donnie. • Happy birthday **Grams** on 6/19, love Amy, David, Albert, and Andy. We love you! • Happy birthday to my baby boy **Jereck Weyaus** on 6/20 and many, many more. Love you lots, from Mom, Danni Jo, Elliott & Blazer, Chris Weyaus, and Raenelle & Kids. • Happy birthday **Candace** on 6/20 from Cyrell, Mom, Richard, Rachel, Kelia, and Railie. We love you! • Happy birthday **Duane Jr.** on 6/22 from Cassandra, Travis, and Trevor. • Happy birthday **Kevin** on 6/23, love Mom, Dad, Sister, Papa Brad, Uncle Brad, Auntie Melissa, Braelyn, Payton, Eric, Wesley, Brynley, Bianca, Uncle Jay, Taylor, Adam, Uncle Bruce, Jayla, Lileah, Auntie Randi, and Auntie Rachel. •

Happy birthday **Mom** on 6/24, love Brandon, Chantel, and Brandi Jo. • Happy birthday **Gramma Tammy** on 6/24, with all our love Elias, Tank, Alizaya, Rico, Jazmin, and Ahrianna. • Happy birthday **Lindsey** on 6/29 from Cassandra, Travis, and Trevor. • Happy birthday **Ravin** on 6/30, love your family. • Happy birthday to **Little BIG sis Kayla** on 6/30 from Cass, Travis, Trevor, MOM, GRAM, Crystal, Leighnah, and BOB.

Other Announcements:

The family of Daniel Boyd Jr. would like to take this time to say Miigwech to all relatives and friends for the comforting words and hugs we received during our great loss. Also to **Amik** (Larry Smallwood) and his helpers for the ceremony. I, Joanne would also like to take this time to say Miigwech to **Lisa Blahosky-Olivarez** and the **Public Health team** for being there for me when I needed them the most. Dan will be greatly missed. Thank you from: Joanne Boyd & Chris Weyaus, Danni Jo Harkness & family, Dan Boyd III & Tim Boyd, Bette Sam & family, Clarence Boyd & family, Delores Hegland & family, and Juanita Weyaus & family. • **Anna Darria Silva** is graduating from San Diego State University on May 17, 2015 with a B.A. in Television, Film, and New Media with emphasis on Production. Congratulations from Mom, Dad, Teresa, Leticia, Junior, Mudd, Jon, Sammy, Steven, Grandma, and Grandpa. All that hard work paid off! We love you are are extremely proud of you! • Aniin my daughter, **Brittani Benjamin** is in the graduating

class of 2015 Onamia High school! Congratulations from her mother Desiree Benjamin, Father Gordon Sam, Grandmother's Lorraine Sam and Beverly Benjamin, sisters Brandi, Adrianna, brothers Nicholas, Michael, Corey, Noah, and Gordon Jr., nieces Alexis, Diamond, Destiny, and her new nephew Sincere! • Congratulations to our daughter Band member **Alicia Dorr-DelaCruz** for completing her Associate of Arts Degree at Minneapolis Community Technical College (MCTC). We are so proud of you! Love, Mom and Dad (Rodney and Sharon Dorr). • **Andrew Skywalker Arensdorf** has graduated from Midland High School. He is the son of Misty Arensdorf (Band member) and Brian Arensdorf. • We would like to congratulate **Amber D. Benjamin** on her recent graduation from Brainerd High School and receiving the Chef's Association Scholarship!! We are extremely proud of you, and are excited that you have been accepted into a college of your own choosing. The Art Institutes International Minnesota will offer you the best of the best with instructors as well as an awesome learning experience! Love, Mom, Heather, Gramma, Auntie, Uncles John and JD, and Papa. • Congratulations to **Laikora Thompson, Taylor Jackson,** and **Daylan Feuerhake** — Hinckley/Finlayson graduates.

Submit Birthday Announcements
Send name, birthday and a brief message that is **20 WORDS OR LESS** to Mick Sawinski at mick@redcircleagency.com or **call 612-465-8018**.
The deadline for the July issue is June 15.

Mille Lacs Indian Museum June Events

Farm Fresh Fridays
Friday, June 5 from 4 – 7 p.m.

Kids Crafts: God's Eye Activity
Saturday, June 6 from 11 a.m. – 3 p.m.

Fee: \$4 per kit (museum admission not included)Recommended for children ages 8 and up.

Birch Bark Basket Workshop
Saturday, June 27 from noon – 4 p.m.
Fee: \$25/\$20 MNHS members; additional supply fee of \$15 applies
Reservations: required three days prior to workshop, call 320-532-3632

Visit events.mnhs.org for detailed information on all the June events.

JUNE CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	8 Birch Bark Camp 9 a.m. – 2 p.m.	9 Birch Bark Camp 9 a.m. – 2 p.m. 15th Annual Wisdom Steps Conference Black Bear Resort Carlton, MN	10 Comm. Moose Visit 8 a.m. – 5 p.m. East Lake DII-A Como Zoo Field Trip 8:30 a.m. – 6:30 p.m. Niigaan Chiminising Birch Bark Camp 9 a.m. – 2 p.m. 15th Annual Wisdom Steps Conference Black Bear Resort Carlton, MN	11 Birch Bark Camp 9 a.m. – 2 p.m. 15th Annual Wisdom Steps Conference Black Bear Resort Carlton, MN	12 2nd Annual Honor Our Elders Powwow 11 a.m. Iskigamizigan Powwow Grounds See page 12 Ceremonial Dance: Tim and Tom East Lake	13 DII-A Outdoor Rec. Day 12 – 5 p.m. Niigaan Chiminising Ceremonial Dance: Tim and Tom East Lake
14	15	16 Niigaan Basketball Camp 10 a.m. – 3:30 p.m. DI Community Center	17 Comm. Moose Visit 8 a.m. – 5 p.m. Aazhoomog Niigaan Basketball Camp 10 a.m. – 3:30 p.m. DI Community Center	18 Niigaan Basketball Camp 10 a.m. – 3:30 p.m. DII-A Community Center	19 24th Annual Grand Celebration Grand Casino Hinckley See page 13	20 WEWIN Fundraiser Golf Tournament 8 a.m. Grand National Golf Course See page 12 24th Annual Grand Celebration Grand Casino Hinckley See page 13
21 24th Annual Grand Celebration Grand Casino Hinckley See page 13	22	23 Ojibwe Immersion Camp Contact Chris Nayquonabe or Byron Ninham	24 Comm. Moose Visit 8 a.m. – 5 p.m. East Lake Ojibwe Immersion Camp Contact Chris Nayquonabe or Byron Ninham	25 Ojibwe Immersion Camp Contact Chris Nayquonabe or Byron Ninham	26	27 DII-A Split Rock Lighthouse 8:30 a.m. – 6:30 p.m. Niigaan Chiminising Birch Bark Basket Workshop Noon – 4 p.m. Mille Lacs Indian Museum See page 14
28	29 DII-A Fort Snelling (K-12) 8:30 a.m. – 6:30 p.m. Niigaan Chiminising	30			Want your event here? Email mick@redcircleagency.com or call 612-465-8018.	

Circle of Health Update

Circle of Health’s mission is to promote physical and mental well-being in all of our communities by assisting Mille Lacs Band members to acquire health coverage and eliminate barriers to health care access.

New Office in Hinckley

Circle of Health will be opening an office at the Grand Lodge in Hinckley in June 2015. More information will be posted on our webpage soon. Pamela Spears, Benefits Coordinator, will be located in Hinckley to provide outreach, enrollment assistance and accessibility to DII and DIII community members.

Outstanding Medical Bills or Hospital Statements

Don’t let those bills pile up! If you have medical bills in your mail and they have not been paid or may go to collections, please bring your bills immediately to Circle of Health. We can help you review them to determine why they have not been paid. Circle of Health can help you talk with your providers or your insurance company to clear up your medical bills.

Contract Health Services

As of March 16th, 2015, Contract Health Services (now known as Patient Referred Care Services) is managed by Cheri Hample, Health Director of Ne-la-Shing Clinic. Any questions regarding eligibility or program services can be directed to Cheri Hample. Her number is 320-532-4163, ext. 2538. You can also contact Frances Davis, CHS Specialist, at 320-532-4163, ext. 2515.

Social Security Benefit/Award Letters

Circle of Health requires elders and disabled individuals on Medicare to submit a copy of their annual Social Security Benefit/Award letter. This letter comes from the Social Security Administration.

We have seen three types of letters that list your “annual benefit amounts.” Please look for any letter that has these words at the beginning . If you are not sure if you have the correct letter, submit it to Circle of Health for review.

The letters may have headings that start with:

- Your New Benefit Amount
- Social Security Administration — Retirement, Survivors and Disability Insurance — Notice of Change in Benefit
- Social Security Administration — Information of Social Security Benefit

My Social Security

You can create your own account to access your benefit verification letter, to change your address and phone number, or to start or change direct deposit. There is no fee to create your My Social Security account, but you must have an email address. If you would like to set up or create an account, you

can do so on your own computer or you can stop in at Circle of Health and we can help you. The link to My Social Security is: ssa.gov/myaccount

Changes in your Medicare Benefits

If you cannot afford to have your Medicare health benefit taken out of your Social Security check, DO NOT dis-enroll from your Medicare Plans. Please contact Circle of Health and we will help you arrange for your Medicare Plan to bill Circle of Health directly. If you do dis-enroll, you will lose your health care coverage and will have to wait until October of the following year to re-enroll in a plan.

Hospital and Clinic Bills

If you have any hospital, clinic or pharmacy bills that have not been paid or are going into collections, please bring these documents into Circle of Health. We can help you clear up these bills before it is too late and they go into collections. Often the provider doesn’t know you have health insurance or a certain Medicare benefit. You should give your provider a copy of all your health insurance cards and Medicare Plan cards.

Health Insurance Enrollment Assistance

Circle of Health is an official partner with MNSure, Minnesota’s Health Insurance Exchange. We are proud to announce that we have certified assisters through the tribal government.

Circle of Health is here to help you and your family enroll in the Health Insurance Marketplace. If you don’t have health insurance coverage, we can help you get covered on a plan. We help people enroll in MNsure or on the Healthcare.gov website.

You may be eligible for Medicaid or a low cost health insurance plan. Health Insurance is a benefit on top of the healthcare provided by Ne-la-Shing Clinic. Health insurance means more choices for our families and more resources for our tribal health facilities.

Call Circle of Health today to make an appointment or stop in to sign up for health insurance.

New Tribal Delta Dental Plan

Do you need dental coverage? The Mille Lacs Band of Ojibwe has started a new dental plan for tribal members. We have been enrolling Band members who don’t already have dental insurance in Delta Dental. Premiums for the Delta Dental Plan are paid by Circle of Health each month. You can enroll, add or remove dependents, or opt out of the plan by filling out a Delta Dental membership enrollment form provided on the band website under Circle of Health or at our office.

Enrollment Forms

It is that time of year again! Many of you updated your enrollment forms last year. Circle of Health requires all Mille Lacs Band members to update their Circle of Health enrollment

forms yearly. By updating your information, you are giving Circle of Health consent to receive and pay your insurance claims and to speak with providers regarding any insurance billing on your behalf.

Circle of Health requires verification, we need a copy of:

- All current insurance card(s) (upon receipt) — front and back.
- Certificate of Enrollment or Tribal ID for all MLB Tribal Members.
- Birth Certificates for any new dependents to your policy/account.
- Proof of Full-Time student status for all first-line descendants 18 to 23 years of age.

New Location

Circle of Health
43500 Migizi Drive
Onamia, MN 56359

320-532-7741 or 1-800-491-6106. Fax: 320-532-4354

Update from the Enrollment Office

Congratulations to Amanda Roache, new Enrollment Manager, who supervises daily operations in the Enrollment office.

We are happy to announce that the Mille Lacs Band has contracted with Creating Stronger Nations, Inc. to conduct a complete audit of our Enrollment records. Scheduled to take place in mid-June, the audit will verify our records are correct and ensure accuracy of our files.

The department’s goal is to enhance transparency for Band members and ensure that we are properly managing tribal membership.

Also this year, we will begin using Progeny, an enrollment data management software. One of the system’s key features is the ability to research lineal descendancy, which can assist in researching and building family trees – a common request of our office.

If you have any questions please call Amanda Roache at 320-532-7440, or Director of Natural Resources Administration Rachel Shaugobay at 320-532-7439.

Circle of Health Outreach

- Wednesday, June 3 from 1 – 4 p.m. at Aazhoomog Clinic
- Wednesday, June 10 from 1 – 4 p.m. at East Lake Clinic
- Wednesday, June 17 from 1 – 4 p.m. at the Urban Office
- Wednesday, June 24 from 1 – 4 p.m. at DII-A Isle Community Center

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MILLE LACS BAND OF OJIBWE
43408 Oodena Drive
Onamia, MN 56359
millelacsband.com



Heating, Water, and Maintenance Problems?

During normal business hours: tenants in Band rentals and Elders living within the service area should call 800-709-6445, ext. 7433, for work orders. **After business hours:** tenants with maintenance emergencies should call 866-822-8538 and press 1, 2, or 3 for their respective district.

Free Hearing Evaluations

Evaluations take place on the second Friday of each month at Ne-la-Shing Clinic. Call 320-532-4163 to schedule an appointment. Walk-ins are welcome — we will do our best to serve you. Ask us about the \$1,000 in hearing aid benefits you can receive from the Circle of Health.

Hearmore Hearing has offices in Saint Paul and Osseo. To schedule an appointment Monday through Friday, call the Saint Paul office at 651-771-4019 or the Osseo office at 763-391-7433.

OJIBWE INAAJIMOWIN

THE
STORY
AS IT'S
TOLD

JULY 2015 | VOLUME 17 | NUMBER 07



MINISINAAKWAANG SAYS NO TO SANDPIPER

Darrell Shingobe, right, testified at the Sandpiper Hearing in District II on June 5

PAGE 4

SUIT CHALLENGES
MINNESOTA
ADOPTION LAW

AMENDMENT
MAY CHANGE
MEMBERSHIP RULES

24TH ANNUAL
GRAND HINCKLEY
CELEBRATION

KLAPEL'S
VISION
FOR DNR

MESSAGE FROM THE CHIEF EXECUTIVE

MELANIE
BENJAMIN
CHIEF EXECUTIVE



Aaniin! Our annual Grand Hinckley Celebration is now behind us, and what a wonderful weekend it was! The scorching heat may have slowed some down a bit, but I know that nothing could diminish the joy of the dancers, enjoying family time together and celebrating our culture. Miigwech to the Pow Wow Committee for their hard work and dedication for turning out another wonderful powwow!

My June schedule began with a June 2–4 meeting of the Midwest Alliance of Sovereign Tribes (MAST), which the Mille Lacs Band played a key role in founding in 1994. MAST represents tribes from Minnesota, Iowa, Wisconsin and Michigan, and we gather regularly to ensure that our common issues (like fighting mining/pipelines and opiates) are advanced. We had an in-depth discussion about inter-tribal collaboration to stop the spread of opiates.

On June 5, I convened a public hearing on the proposed Sandpiper Pipeline project in East Lake, using the Chief Executive's power of Executive Inquiry. Band Members were inspiring and strong as they made their voices heard. The report from this hearing will serve as a powerful tool as we continue to do everything we can to stop Enbridge from building the pipeline along this route. An excellent article on this hearing is included in this issue.

This was a busy month for Elders! The Wisdom Steps Conference was held at Black Bear on June 8–11, and attendees said this was one of the best conferences yet. Wisdom Steps is a partnership among the 11 tribes in Minnesota, the urban areas, and the Minnesota Board on Aging, which I am a member of. The annual conference provides a forum for Elders to

address and explore solutions to issues of common concern to aging Native people.

During the week of July 15, about 90 Band Elders enjoyed a trip to Oklahoma City to check out our most recently acquired property, an Embassy Suites. I had a chance to join the Elders for a few days on this trip and had a wonderful time. Everyone was truly impressed with how beautiful this new facility is. The trip included some fun and adventure, but was also very moving, including a visit to the Oklahoma City National Memorial and Museum, a tribute to the victims of the 1995 Oklahoma City bombing.

Just prior to the Oklahoma City trip, on June 12 I attended a celebration of the 100th Anniversary of the Mille Lacs Wildlife Refuge. The Band co-manages this refuge with the U.S. Fish and Wildlife Service, and it is the smallest in the United States. It includes just the two small Spirit and Hennepin islands on Mille Lacs Lake, and is a critical nesting ground for the endangered Common Tern. There's a nice article about this celebration that expands on our partnership with Fish and Wildlife in this edition.

Between each of these events, my days were full working on several important policy matters for the Band. I intervened on a matter in which HUD was not fulfilling its obligation to the American Indian Home Loan Guaranty program through Woodlands Bank, and enlisted help from Senator Al Franken to help save that program for Native borrowers.

As the Midwest Representative to the Tribal Nations Leadership Council, which advises the U.S. Attorney General at the Department of Justice, I brought our pipeline concerns to their

attention and requested assistance via a policy that would protect Indian trust resources like wild rice, before they are harmed. We also asked the Department of Justice to expand access of its criminal database to Indian tribes, and strategized with the department about improving programs that support Native children who experience violence. And of course I've met with many, many Band members about their issues and concerns as well.

As July winds down, I'm preparing testimony to give to the U.S. Senate Indian Affairs Committee, which will be holding a July hearing in Washington on the abuse of prescription and opioid drugs in Indian communities. We have a busy week coming up as the host of the Mid-Year meeting of the National Congress of American Indians (NCAI), which will use our two hotels in St. Paul for this convention. All Band members should be very proud that we are able to provide this hospitality to the Nation's oldest and largest Indian organization in the United States.

There are a number of open board positions right now in Band government, and as I prepare to nominate people to fill those roles, Miigwech to Band members who have volunteered to serve. The gift of time, energy and wisdom that you give to our advisory boards and committees is invaluable and helps us to improve government operations. Miigwech!

Election to be Held on MCT Membership Amendment

The Minnesota Chippewa Tribe (MCT) Tribal Executive Committee (TEC) has agreed to move forward with the process to allow the adult membership of the Tribe to vote on whether other federally recognized Chippewa, Ojibwe, Anishinaabe blood and Canadian First Nations Anishinaabe blood should be counted for current enrolled members.

Mille Lacs Band Secretary-Treasurer Carolyn Beaulieu wants Band members to be informed about the amendment prior to the election. "It is important because of the potential increase of enrolled members," Carolyn said. "That would have an impact on funding and service currently provided to our constituents."

Currently, Article II, Membership of the Revised Constitution and Bylaws, requires that persons born after July 3, 1961, possess at least one quarter (¼ degree) Minnesota Chippewa Indian blood. MCT blood has been defined as blood derived from one or more of the six constituent Bands of the Minnesota Chippewa Tribe: Bois Forte, Mille Lacs, Grand Portage, Leech Lake, White Earth and Fond du Lac.

The Tribal Executive Committee recognized that members of the MCT may possess other Chippewa, Ojibwe, Anishinaabe or First Nations Anishinaabe blood and decided to let the membership decide whether that blood should be included when determining eligibility for membership. As the first step in the process, the Tribal Executive Committee adopted two resolutions to put the questions before the MCT Membership.

Resolution 31-15 would amend the Constitution by adding a paragraph that provides: "The

Minnesota Chippewa Indian blood of persons enrolled on the effective date of this amendment shall be corrected on the membership rolls of the Tribe by including the verified First Nation Anishinaabe blood possessed by the member."

Resolution 32-15 would amend the Constitution by adding a paragraph that provides: "The Minnesota Chippewa Indian blood of persons enrolled on the effective date of this amendment shall be corrected on the membership rolls of the Tribe by including the verified federally recognized Anishinaabe/Ojibway/Chippewa blood possessed by the member."

As required by federal law, the Resolutions were forwarded to the Bureau of Indian Affairs for technical review, and the Tribe is waiting for its response in order to continue the Secretarial Election amendment process.

A resolution was also approved and forwarded to the Bureau of Indian Affairs requesting that the proposed Secretarial Election

waive the regulations in 25 CFR Part 81 to allow for same day registration and voting polls to be established on each reservation in addition to mail-in balloting for the Secretarial Election.

The MCT anticipates that the Secretarial Election process will take place 60 to 90 days after the federal review of the Resolutions is completed. The MCT office will provide additional information and the election date to all eligible voters as soon as the Secretary of the Interior calls the Election.



"It is important because of the potential increase of enrolled members. That would have an impact on funding and service currently provided to our constituents."

— Carolyn Beaulieu, Mille Lacs Band Secretary-Treasurer

Lawsuit Challenges Minnesota Adoption Law

Brett Larson Staff Writer

An unnamed Mille Lacs Band member is challenging a Minnesota law that requires tribal notification when Indian babies are put up for adoption.

In early June, the mother and father of the baby filed suit in federal court against the Minnesota Department of Human

Services, Minnesota Attorney General Lori Swanson, and Mille Lacs Band Commissioner of Health and Human Services Sam Moose.

The lawsuit challenges the constitutionality of the Minnesota Indian Family Preservation Act, which was passed in 1985 to require tribes to be notified when children who are members require out-of-home placements. It was updated in 1997 to require adoption agencies and attorneys to notify tribal social services of adoptions involving Indian children, including information about parents who voluntarily give their children up for adoption.

The parents chose a non-Indian family to raise their child in an “open adoption” and were told the tribe would have to be notified. The birth parents said they intended to maintain contact with the child and to teach him about his Indian heritage, according to the Washington Post.

The state MIFPA law, like the federal Indian Child Welfare Act (ICWA), was put in place because of the high number of Indian children placed in boarding schools or non-Indian families. Tribes argued that they had an interest in the placement of Indian children to preserve their cultures and foster the health of Indian children.

ICWA, which was passed in 1978, gives preference to fam-

ily members in adoption of Indian children, followed by other tribal members and other Indians.

The parents in the current suit, referred to as “Jane and John Doe,” claim that the law violates their right to privacy and equal protection. Their attorney, Turtle Mountain Ojibwe member Mark Fiddler, says the law is unfair because race cannot play a role in adoption for anyone except Indians. He says it allows the tribe to “second guess” the decision of parents.

Fiddler also represented the mother in an Indian adoption case that went to the U.S. Supreme Court in 2013. In that case, known as the “Baby Veronica” case, the Supreme Court determined that ICWA did not prevent a non-Indian mother from putting her daughter up for adoption, since the Indian father had given up custodial rights.

Sam Moose told Minnesota Public Radio that the Mille Lacs Band has traditionally enforced laws that protect cultural identity of tribes and individuals. “It’s important for children to understand their identity, to have access to the tribe’s resources and to be supported in that process. It’s critical to the development of the child. It’s in the child’s best interest with regards to welfare and health.”

The baby is currently living with the prospective adoptive parents. The case is expected to be resolved quickly because an adoption hearing is scheduled for July 8, and the matter must be settled before the adoption can be finalized.



“While Commissioner Moose is a named defendant in the case, he has neither committed nor intends to commit a violation of the state or federal law.”

— Todd Matha, Mille Lacs Band Solicitor General

Services, Minnesota Attorney General Lori Swanson, and Mille Lacs Band Commissioner of Health and Human Services Sam Moose.

Mille Lacs Band Solicitor General Todd Matha said, “While Commissioner Moose is a named defendant in the case, he has neither committed nor intends to commit a violation of state or federal law. Consequently, the Band will vigorously defend its executive officer in federal district court and seek an immediate dismissal of this suit.”

According to Matha, tribes cannot be sued because they

Indian Education Funding Gets Boost from State Lawmakers

Toya Stewart Downey Staff Writer **Brett Larson** Photographer

American Indian students and schools, including the Mille Lacs Band, will get a much-needed boost in education funding thanks to the historic investment by state lawmakers.

The state’s new \$17 billion education funding bill includes \$18 million in new funding for American Indian students and tribal schools overseen by the U.S. Department of the Interior Bureau of Indian Education. The additional funding will be used for programs to help improve student achievement and will increase per-pupil funding at tribal schools during the next two years.

“This is a long time coming with Educational Services to American Indian students in the state on a public, charter and tribal school level,” said the Band’s Education Commissioner, Suzanne Wise.

“Every area will see some sort of increase,” she said. “The exact numbers haven’t been released yet but the Band’s Nay Ah Shing Schools will see an increase in over \$1 million over the two-year cycle compared to the existing budget.”

Suzanne called the additional funding historic and said it will help with recruitment and retention of teachers at the Band schools. The Band has long invested in education through the revenue generated by the casinos, she said.

The new funding, which was agreed upon in June during a special session, is expected to impact an estimated 20,000 American Indian students across Minnesota.

The achievement gap has continued to grow between white students and Indian students for the past decade or longer, and the graduation rate for the state’s Indian students has been among the lowest in the nation. Last year only about half of Indian students graduated on time.

Suzanne said the funding will be statewide and will assist any public or charter school that has more than 10 students who identify as American Indians. It’s based on a per-pupil formula.

“What we are all hoping for is an increase in the skills

necessary to be successful and for students to make academic progress. Higher graduation rates are always the goal,” Suzanne added.

Suzanne, who serves on the Board of Directors for the Minnesota Indian Education Association and on the Tribal Nations Education Committee, said both organizations were crucial in providing testimony about why the additional funding was needed.

Along with Mille Lacs Band Chief Executive Melanie Benjamin and other elected officials and Indian educators, Suzanne served on a statewide group that focused on more education funding. Both Melanie and Suzanne were able to share details about struggles American Indian students face in public schools.

“Many of our American Indian students deal with racism and white privilege in our state’s public school systems,” said Suzanne. “These factors and others directly affect our students’ ability to succeed.”

Brenda Cassellius, Education Commissioner for the Minnesota Department of Education (MDE), who also met with the Band’s leaders and other advocates in Indian education, said the additional funding was “a win” for American Indian students.

Former Band Commissioner of Education Dennis Olson, who is now the state director of American Indian Education for MDE, said the new funds will put Minnesota near the top of states when it comes to spending to help Indian students.

Dennis said that while the state has had policies in place specifically designed to help Indian students, they were often unfunded mandates. The new funding will help train staff to work with Indian students, develop academic supports and



Commissioner of Education Suzanne Wise spoke at Nay Ah Shing’s fifth-grade graduation on June 3.

fund initiatives that will better connect students and their families to school.

He added that he is hopeful that eventually Minnesota will be a leader in providing resources for Indian students.

The lack of funding in Indian education funding in the initial education budget was one of the reasons Minnesota Governor Mark Dayton vetoed it, saying it didn’t invest enough money in the education priorities he deemed most important.

Outside of the funding, another big win for the Band was its waiver approval by the Bureau of Indian Education to bring Pine Grove School under the umbrella of Nay Ah Shing Schools.

“We want to ensure that all of our schools offer the latest technology, curriculum, extra-curricular activities, and Ojibwe language and cultural programming,” Suzanne said.

The Band has also assisted Minisinaakwaang Leadership Academy to implement additional phases in its existing plans to advance its students.



Carolyn Beaulieu



Dale Greene



David 'Niib' Aubid



Nicholas Targ



Michaa Aubid



Harvey GoodSky Jr.



Tania Aubid



Algin GoodSky

Minisinaakwaang Says No to Sandpiper

Brett Larson Staff Writer/Photographer

Last month, District II Rep. David 'Niib' Aubid and Chief Executive Melanie Benjamin coordinated a public hearing in the Minisinaakwaang community to gather testimony on a proposed pipeline that would cross tribal lands, bringing North Dakota oil through Minnesota to Superior, Wisconsin.

The hearing was held June 5 at East Lake Community Center as a response to the state's failure to hold any hearings on tribal lands about the proposed pipeline. Enbridge, the corporation that would build and operate the pipeline, has dubbed it "Sandpiper."

The hearing was a directive from Melanie based on the fact that the Minnesota Public Utilities Commission (PUC) "seemed to be ignoring us," she said.

"I decided we needed a forum for Band members to make their voices heard," Melanie said. "Band Statutes provide the Chief Executive with authority to hold Executive Inquiries, so that's the authority I used to hold this hearing. It was an exercise of the Band's sovereignty as an Indian Nation."

Melanie appointed hearing officer Nicholas Targ, an environmental lawyer and former Environmental Protection Agency (EPA) administrator, to listen to testimony and submit a summary report to the EPA and the Army Corps of Engineers. Melanie will request that the agencies consider the findings of the hearing and that the Band be designated a "cooperating agency" under federal law, which would give the Band a role in conducting the Environmental Impact Statement.

Melanie opened the hearing by welcoming those in attendance, introducing Nicholas, and explaining the importance of the hearing. "This is not just about the rights of the Mille Lacs Band of Ojibwe," Melanie said. "This is about the rights of Band members to live, work and raise our children in an environment free from pollution."

Two common themes emerged during the morning testimony: the lack of government-to-government consultation throughout the process, and the need for an Environmental Impact Statement on the proposed pipeline.

During her testimony, Mille Lacs Band Secretary/Treasurer Carolyn Beaulieu said Gov. Mark Dayton signed an executive order requiring Executive Branch agencies to consult with tribes on a government-to-government basis prior to taking action on issues of interest to tribes.

The Public Utilities Commission made no effort to reach out to the tribes, saying tribes had the same right as any individual citizen to submit a letter.

"Treating a federally-recognized tribal government the same as an individual private citizen offends Minnesota public policy, Governor Dayton's Executive Order, and our sensibilities," Carolyn said.

The PUC claimed that it is not a Cabinet-level agency identified in Dayton's Executive Order. Carolyn responded, "Failing to consult with tribes based on a hyper-technical reading of the Executive Order violates the basic tenets of respect between sovereigns. It also violates the spirit of the Executive Order that Governor Dayton issued."

The PUC was not alone in its failure to consult with tribes. The Department of Commerce and other state agencies also failed to do so. Like the PUC, Enbridge made no effort to consult with the tribes until after Mille Lacs and White Earth bands had scheduled their own hearings," Carolyn said.

"We ask that the PUC slow down. Stop. And back up to a point where it can give tribal governments the respectful and honorable consultation we are due," Carolyn concluded.

Multiple testimonies stressed the importance of manoomin (wild rice) to the culture and spirituality of the Rice Lake and Sandy Lake communities; the potential impact of an oil spill on the water, air, wildlife and forests; and the Band's right to harvest in the region.

A panel of Elders — Kaadaak (Dale Greene), Niib, Miskwaanakwad and



Nearly the entire staff of the DNR testified at the hearing. Pictured above are Charlie Sam, Natalie Weyaus, Henry Sam, and DNR Commissioner Susan Klapel.

Russell Shabaish — talked about the importance of wild rice. Niib said the ancestors made sure to preserve their right to gather wild rice when they signed treaties with the U.S. government. He said members of other Bands often traveled to Minisinaakwaang and Sandy Lake because of the prevalence of rice.

Natalie Weyaus of the Mille Lacs Band's Tribal Historic Preservation Office warned that the existence of archaeological remains could create problems during the construction of a pipeline. Her colleague Charlie Sam said Enbridge has not contacted the office or considered historic preservation in its plans.

DNR scientists Perry Bunting, Ryan Rupp, Chad Weiss, Todd Moilanen, Kelly Applegate, Charles Lippert and Jacob Horbacz discussed the impact the pipeline could have on the water, wildlife, forests and air quality. Health and Human Services Commissioner Sam Moose explained health disparities between Indians and the general population and the importance of culture and tradition to the welfare of the tribe.

Some of the most memorable testimony came from East Lake community members. Michaa Aubid, a Minisinaakwaang resident well versed in the history of the region, joined a panel of attorneys Frank Bibeau, Peter Erlinder and Philomena Kebec to put the pipeline in legal and historical perspective, explaining that the Ojibwe people have rights to use the land through which the pipeline would run, yet those rights were ignored by Enbridge and the PUC.

Michaa said the Anishinaabe reserved the right to harvest throughout the area Elders called the tribe's "dish" or "onaagan." "If you look at the map where the pipeline is coming through, it affects our ability to harvest and gather into the future. These treaty rights that the Anishinaabe saved in 1855 and subsequent agreements, that future is in jeopardy. ... Literally, Enbridge is coming right through our 'dish'."

Darrell Shingobe brought his daughter and his aunt to the table to demonstrate how the issue affects all generations. He dumped a quart of oil into an aquarium full of grass so people could see how it affects the water and the soil.

"I'm fighting for her," said Darrell, referring to his daughter. "If I get emotional it's because I want her to be able to go out and rice. I want her to be able to take me out there to knock."

Harvey GoodSky Jr., accompanied by his baby boy in a traditional cradleboard, gave a passionate speech about his activism in opposition to the pipeline. "I would like for all the other youth, the ones that aren't even born yet, even this little guy in the cradleboard, to be able to exercise their inherent rights as well. And I want you to know there is no price — there is no price — to any of our inherent rights."

His mother, Tania Aubid, who has been battling the pipeline across the state during the past year, also spoke from the heart about the inherent dangers of oil pipelines and the devastating effect a spill would have on the environment.

Tania's other son, Algin, was equally eloquent in his description of the importance of traditional activities. Like many who testified, Algin introduced himself in Ojibwe, pounding the table as he said, "Minisinaakwaang indoonjiba. Minisinaakwaang indaa — I am from Minisinaakwaang, and I live in Minisinaakwaang."

"When I'm out ricing, when I'm out collecting, when I'm out harvesting, I know peace and happiness," he said. "For a company, a corpo-

Continued on page 13

Cultural Artist Joni Boyd Teaches Youth Traditional Ways in Summer Classes

Toya Stewart Downey Staff Writer **Brett Larson** Photographer



Joni Boyd helped her daughter Rissa with her traditional jingle dress.

As a little girl Joni Boyd spent summers with her grandparents learning “the old ways,” including how to carve, sew, do bead-work and more.

Fast forward to the summer of 2015 and Joni is teaching others some of the old ways, based on what she learned as a young girl and has practiced for her whole life.

In June, Joni began teaching a class of 18 students of different ages how to make regalia. The class, which runs through August, is held at Nay Ah Shing School and is open to all youth.

“I learned a lot of skills from my grandma, who lived east of White Earth on Oshkinowe Lake,” said Joni, who lives in District I with her husband, Clayton Boyd Sr. and the couple’s three children, Rissa, Nelly Lynne and TayoJo.

During the five-hour classes Joni is teaching the students how to make the old-style jingle dresses in red, green, blue and yellow. They are also making earrings. The boys are learning to make grass dance regalia. Some are making headbands and the pocket-toe moccasins.

Frankie Anderson is making grass dance regalia. Kierra Eagle is learning to string beads. She made a fancy shawl last year. Shayla Nayquonabe is making a green traditional jingle dress.

“I enjoy beading and sewing,” said Shayla. “I’m learning to keep it straight. Joni’s a good teacher.”

Destiny Mitchell made a fancy shawl last year and this year is making a traditional jingle dress. She said she enjoys learning how to sew.

“When I’m teaching the kids at school it is so great,” Joni said. “They are ambitious and they are working so hard.”

It takes Joni about four hours to make a traditional jingle dress. It takes the kids about two full days. Joni is certain that by the end of the summer the kids will become more skilled in their work.

One of the students, Keira Sarcia, grew up watching her grandma, Wanda Boyd, making moccasins and dresses. Keira said she has long desired to learn how to make those things herself.

“I like that I can finally bead,” said Keira. “My grandma kind of taught me when I was little, but the only time I can bead is when she’s around, and she’s far away.”

Joni’s daughter, Rissa, said her mom taught her how to bead, and another teacher, Linda Stevens, showed her how to mix up the beads and combine the colors.

“Last year my mom helped me to make a dress that I still



Kierra Eagle

wear,” Rissa said. “I like to learn how to sew and bead so I can make my own stuff.”

Rissa is working on a traditional red jingle dress and said she has learned “that it takes a lot of patience to make your own regalia.”

Joni has taught classes previously at Nay Ah Shing and at the DI Community Center. She enjoys teaching others what she has learned. She wants to keep the culture alive and make sure her students and children learn how to practice the traditional ways.

“I love making jingle dresses for the dancers,” said Joni, who does a lot of different types of artwork including painting and carving. She also sells some of her work.

Joni and her family travel to powwows on weekends and she said the couple’s three children are all champion dancers. They have been princesses and a brave every year.

“It makes me proud to see them out there dancing,” she said. “It’s wonderful.”

It’s also wonderful that her children are practicing cultural ways including ricing, netting and gardening.

“I tell my children that when they grow up they will teach their children.”

Staff Writer Brett Larson contributed to this report.

Wanted: Youth Powwow Dancers

Contestants are wanted for the 49th Annual Mille Lacs Band Traditional Powwow Royalty Contest, Aug. 21–23.



Candidates must be 6 to 18 years of age, and they must be either Mille Lacs Band members or direct descendants of Mille Lacs Band members.

The Junior Brave and Junior Princess contest is for contestants ages 6 to 12. The Senior Brave and Princess contest is open to those ages 13 to 18.

The deadline to sign up is Aug. 1, but contestants are encouraged to sign up early so they have plenty of time to complete the required tasks for their points.

For more information and application packets please contact Chasity Gahbow at 320-532-7486, or email Chasity.Gahbow@millelacsband.com.



Inaugural Gii-Ishkonigewag Powwow

The District II Powwow Committee is very proud to announce the Inaugural Gii-Ishkonigewag Powwow, which will take place at the Minisinaakwaang Powwow Grounds located four miles south of McGregor, MN on July 24–26, 2015.

The first 15 registered drums will be paid. Dancer registration will be open daily with daily payouts. The DII powwow committee will be sponsoring a youth special Friday night, men’s woodland special Saturday night, Women’s side step special and three man hand drum contest on Sunday. The DII powwow committee will be sponsoring a Woodland Warrior Relay on Sunday at 9 a.m. Three divisions of co-ed teams will compete in canoeing, running, and biking.

Contact Michaa Aubid at 218-260-7690 or email michaa.aubid@gmail.com. We are also asking youth ages 5–18 (Band members/direct descendants) who are interested in being considered for the Royalty contest to contact Cheyanne Peet at 701-278-0229 or email cheyanne.peet@mlacademy.org. Interested vendors should also contact Cheyanne Peet no later than July 10.

Are you an Elder or do you know an Elder who has a story to tell?

The *Ojibwe Inaajimowin* is looking for Elder stories for upcoming issues.

Send your name, contact information, and a brief description of the Elder you would like to feature to toya@redcircleagency.com, brett@redcircleagency.com or mick@redcircleagency.com or call Mick at 612-465-8018.

Grand Casino Hinckley Hosts Training Conference

The Mille Lacs Band has been selected as a regional training site for the National Indian Gaming Commission (NIGC) this summer. Training will take place July 14–16 in the convention center of Grand Casino Hinckley and is open to all regional tribes for gaming commissioners, operations management and staff.

Courses will include presentations by NIGC, other federal agencies, nationally recognized gaming experts and various keynote speakers. This three-day event will provide a variety of courses for everyone involved in our gaming organization.

NIGC does not require a fee to attend, but asks that all participants pre-register to ensure adequate resources. Additional information including course specifics can be found on the NIGC website (nigc.gov).

Join the 14th Annual Walk around Mille Lacs

Band members and employees are encouraged to participate in the 14th annual Walk Around Mille Lacs.

The exercise campaign, which is sponsored by the diabetes program, lasts for 60 days, from July 6 to Sept. 3. The goal is to cover twice the circumference of Mille Lacs Lake for a total of 120 miles, or two miles per day for two months.

Sign up will begin June 29. Come into your local fitness center or contact Jim Ingle in District I at 320-532-7547 or jim.ingle@millelacsband.com. In Districts II and III contact Bobby Anderson at 320-384-0158. In District II-A contact Lee Lembke at the Chiminising Community Center. In the Urban district, contact Barb Benjamin at Barb.Benjamin-Robertson@millelacsband.com.

When you register/sign up via email or by phone, be sure to include your shirt size, cotton or dri-fit, and pick up the activity log and a conversion chart. You can also download the log at millelacsband.com.

Other forms of exercise are acceptable!

- Biking: 3 miles = 1 mile of walking
- Weight room: 30 minutes = 2 miles of walking
- Swimming: ½ mile = 2 miles of walking
- 10 sets of stairs = 2 miles of walking

Please check with one of the fitness staff members if you have any questions.

Record your miles or time spent in activity on the log and turn it in during the first week of September. Logs are also available at <http://bit.ly/1GCJ87k>.

This can be a fun and healthy family or team event. Grab a friend or family member and start walking!

Interested in submitting to the *Inaajimowin*?

Send your submissions and birthday announcements to Mick Sawinski at mick@redcircleagency.com or call 612-465-8018.

The August issue deadline is July 15.

National Congress of American Indians Mid-Year Conference held in St. Paul

Toya Stewart Downey Staff Writer **Brett Larson** Photographer

Hundreds of tribal leaders and members from around the nation converged in the City of Saint Paul to attend the 2015 Mid-Year Conference and Marketplace of the National Congress of American Indians (NCAI).

The conference, “Nurturing Tribal Resources: Culture, Land & People,” was held June 28 through July 1 at the St. Paul RiverCentre.

Band member Shena Matrious, who served as co-chair of the planning committee, said NCAI conferences are a great way for tribes to learn about national issues that affect their members.

“Since this summer’s conference was in St. Paul, many of our Band members were involved in opening ceremonies and culture night, which was held in one of our St. Paul hotels.”

Participants learned about important topics impacting Indian Country including protecting national and cultural resources, building a stronger Indian community and addressing human trafficking. Other sessions included protecting tribal sovereignty, homelessness in Indian Country and building human capacity to rebuild tribal nations.

Mille Lacs Band Elder Lee Obizaan Staples delivered the invocation as the event kicked off. The AmVets Post 53 honor guard presented the colors.

The welcoming reception was held on Sunday, June 28, at the Band’s Crowne Plaza Hotel. The Timber Trails drum group, comprised of Band members Chris Gahbow, Quintin Sam, Percy Benjamin and John Benjamin, participated in the opening ceremonies.

Band Elder Larry “Amik” Smallwood presented the story of the jingle dress on Tuesday at Cultural Night, which was also



Timber Trails drum group, pictured at Nay Ah Shing fifth-grade graduation June 3, will play at NCAI opening ceremonies on Monday, June 29.

held at Crowne Plaza.

Swamp Nation drum group from District II played at the event.

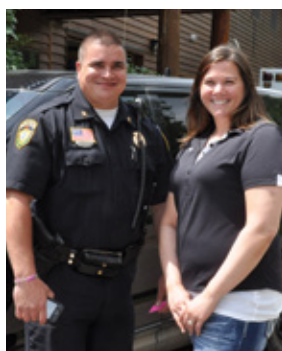
“Cultural night is a way to showcase our traditions and culture along with other tribes from around the United States,” Shena said.

Minnesota’s elected officials including Gov. Mark Dayton, Sen. Al Franken, Rep. Susan Allen, Rep. Betty McCollum and St. Paul Mayor Chris Coleman were also on hand at the conference to welcome attendees.

NCAI was established in 1944 in response to the termination and assimilation policies the U.S. government forced upon tribal governments in contradiction of their treaty rights and status as sovereign nations. To this day, protecting these inherent and legal rights remains the primary focus of NCAI.

Know the Rules for Dog Ownership on Tribal Lands

Brett Larson Staff Writer/Photographer



Police Chief Jared Rosati and Director of Public Safety Sara Rice.

Mille Lacs Tribal Police Chief Jared Rosati and Public Safety Director Sara Rice are encouraging Band members to register and vaccinate their dogs in compliance with the tribal dog ordinance.

Due to the large number of unregistered, unvaccinated and dangerous dogs on tribal lands, the police department and other departments will be enforcing the ordinance more closely.

According to Mille Lacs Band’s dog ordinance, “All dogs present on Band Lands must be registered with the Mille Lacs Band Department of Public Safety within 14 days after such dog is first present on Band Lands.” Dogs also must be vaccinated against rabies every year, and they must be collared and tagged with a rabies tag.

The tribe may confiscate dogs that are running loose, not maintained in a proper enclosure, outside of the owner’s property line, diseased, injured, or aggressive. Any dog wandering the streets or parking lots without a collar or rabies tag can be assumed to be abandoned.

The Tribal Court may order dangerous dogs to be destroyed, and the owner may need to reimburse the Band for the costs.

Dog owners can be fined up to \$250 if their dog bites someone; they are also liable for the victim’s medical costs. For a second offense involving the same dog, the fine is up to \$500 and the dog will be destroyed.

“We’re all animal lovers here,” Sara said. “No one wants to do that.”

Rosati agreed. “It’s all about making the reservation a safer place,” he said.

Rice added, “For the animals as well as the people.”

Anyone who is concerned about an abandoned, unrestrained, illegal or potentially dangerous dog should contact tribal police or the public safety department. Anyone in immediate danger from a dog should call 911.

The Housing Department also has rules about dogs in all properties owned by the Band, including HUD rentals, regular rentals, Elder rentals, grant homes and any other units owned or managed by the Housing Department. A maximum of two pets total are allowed per household (not including fish), and an additional security deposit is required.

Band officials are hoping to bring veterinary clinics to the reservation to assist with vaccination and encourage registration. The Department of Public Safety is hoping to hire two community service officers whose duties will include working with dogs and their owners.

Check millelacsband.com and future issues of Inaajimowin for updates.

Moose, HHS Take Steps to Combat Opiates

Brett Larson Staff Writer

The Mille Lacs Band Health and Human Services Department, under the direction of Commissioner Sam Moose, is in the process of implementing a plan to address the problem of opiates and Neonatal Abstinence Syndrome (NAS) in the Mille Lacs Band community.

Moose said, “The department needs to be focused on the strengths of individuals, families and communities. To create a strengths-based approach, we need to ensure our practitioners understand the historical trauma that impacts our communities’ health, and incorporate our cultural practices or link individuals and families to those cultural teachings.”

In a Crisis Response Plan released in late June, the department describes the opiate problem as part of a continuing cycle of drug abuse in the community, beginning over a century ago with alcohol and continuing with crises related to cocaine, methamphetamines, prescription drugs, and now heroin.

The cycle began with oppression, violence and discrimination that created historical trauma and resulted in addiction and family dysfunction, the paper states.

According to the plan, “While the causes are known, the solutions are much harder to pinpoint. What is clear, however, is that a multi-dimensional problem requires a multi-pronged solution.”

- The paper lays out six initiatives:
- Creation of a Neonatal Drug Use Response Team
 - Development of a recovery-oriented care system
 - Strengthening of outpatient services
 - Exploration of new residential treatment options

- Expansion of women’s and children’s programs
 - Enhancement of existing prevention programs and collaborations
- The severity of the opiate problem came to the attention of Band officials last fall with the release of statistics showing that American Indian babies are 8.7 times more likely than white babies to be born with Neonatal Abstinence Syndrome



“Unfortunately, there are no quick fixes to historical trauma; however, as a department we can respond quickly to adapt our programs to address the opiate problem.”

— Sam Moose, Commissioner of Health and Human Services

(NAS), and 28 percent of Minnesota babies born with NAS are born to Indian mothers.

In her State of the Band address, Chief Executive Melanie Benjamin revealed that the Mille Lacs Band is among the hardest hit communities in the state. She called the problem “the single greatest threat to the future of the Mille Lacs Band of Ojibwe” and urged Moose and his staff to address the problem as quickly as possible.

Moose said, “Unfortunately, there are no quick fixes to historical trauma; however, as a department we can respond quickly to adapt our programs to address the opiate problem.”

Services held for Drumkeeper, former Secretary-Treasurer



David G. Matrious

Funeral services were held June 27 and 28 for former Secretary-Treasurer and District III Rep. David G. Matrious, Baadaasige. David was a Drumkeeper who served the Band in many capacities over several decades. Most recently he taught Ojibwe language in District III and at Pine Grove Leadership Academy. David served as Secretary/Treasurer and Speaker of the Band Assembly from 1992 until 1998. He had previously served as District III Representative from 1986 until 1992. See next month’s *Inaajimowin* for more on David’s life of service.

July is Purposeful Parenting Month

Tammy Moreland Performance Improvement Manager

It’s easy to get caught up in the daily stresses of meal-planning, chauffeuring, and cleaning. But seizing the lazy days of summer as an opportunity to parent with purpose can reap a daily lifestyle of happiness in your family. If you can implement just one instance of purposeful parenting per day this July, it will soon become common practice in your long, blossoming relationship with your children.

Purposeful parenting is being an active, engaged parent. It’s about giving your children the best life possible. Purposeful parenting is also about building strong, positive families with children of any age, and recognizing the importance of meaningful relationships between parents and children.

To celebrate Purposeful Parenting Month, parents can do a variety of simple and easy things to create a more positive and

loving home life. It’s something that takes time and effort, but the rewards you’ll see are worth it.

- Tell your children you love them, and do it often.
- Prepare a meal together.
- Celebrate the uniqueness of all family members.
- Create a safe environment for the entire family.
- Grab every opportunity to spend unstructured time.
- Plan fun family activities. Turn off the television.
- Learn the value of delegating responsibilities.
- Model the behaviors you want your children to learn.
- Establish family traditions.

We encourage every parent to take a look at their family to see how they can improve. Purposeful parenting is not just during the month of July. It is a lifelong effort.

Reclaiming Breastfeeding

Kathy Beaulieu-Sanders

RN, BSN, PHN, CLC

As many are aware, the move away from our traditional practice of breastfeeding toward formula was the result of historical and social events that are unique to our people. Another factor was the tremendous pressure formula manufacturers and the medical establishment applied in the 1960s and early 1970s to push women to adopt artificial feeding (formula) practices.

Did you know that “the change away from breastfeeding as the norm came later to the Ojibwe in Minnesota than to members of the mainstream society living around them? Ojibwe mothers living on reservations during the 1950s and 1960s were breastfeeding when most women in the rest of the country were formula feeding” (Dodgson et al., 2003).

Our ancestors were wise, they breastfed because they knew breastfeeding offered many benefits including:

- Fewer common illnesses such as ear infections, diarrhea, pneumonia, colds or flu
- Less illness shared among family and Band members
- The child’s immune system is bolstered
- Perfect nutrition
- Lower maternal risk of losing too much blood following childbirth
- More bonding time for mom and baby

Today we know that other benefits of breastfeeding include:

- Lower risk for obesity and weight problems when your baby gets older
- Lower risk of diabetes when your baby is older
- Reduced risk for seizures in children
- Reduced risk for asthma in children

Benefits for the mother include:

- Lower risk for ovarian and breast cancer
- Possible delayed return of monthly periods
- Easy night time feeding: no need to prepare bottles
- Uterus shrinks more quickly, flattening the stomach sooner
- Cost savings: formula is expensive
- Less time spent caring for an ill child

Many of us are trying to connect with our indigenous roots and raise our babies in a way that strengthens our children. Breastfeeding is a way for us to take back our native identity and ensure that our youth remain strong and healthy.

Circle of Health Outreach Dates

- July 8 from 1-4 p.m.
East Lake Clinic
- July 15 from 1-4 p.m.
Urban Office
- July 22 from 1-4 p.m.
DII-A Isle Community Center
- August 5 from 1-4 p.m.
Aazhoomog Clinic

24th Annual Grand Hinckley Celebration

Chad Germann Photographer

The 24th Annual Mille Lacs Band of Ojibwe Grand Celebration took place June 19–21. The Grand Hinckley Celebration took place at Grand Casino Hinckley, with Terry Fiddler (Prairie Island) and Amik (Hinckley) serving as Masters of Ceremonies. Over \$85,000 in prize money was awarded over the three-day event. Miigwech to everyone who participated in, helped organize, or attended this celebration!



Dancers of all ages enjoyed songs from several different drum groups.



Native Pride: Bill Schaaf’s Life of Service

Brett Larson Staff Writer/Photographer

Sometimes we have no idea of the stories our neighbors can tell.

Folks around Mille Lacs may know Bill Schaaf because he served as self-governance coordinator and Community Support Services Director from 1998 to 2008, or because his birch bark art work is on display around the reservation, or because he plays a mean game of pickup basketball — impressive for a 74-year-old.

But those may be near the bottom of his list of accomplishments.

Bill was raised in the woods on the Leech Lake Indian Reservation, where his father, a member of the Minnesota Logging Hall of Fame, taught him the importance of independence. “Work ethic was really important to him,” Bill says.

Although his father was German, Bill was immersed in Ojibwe culture. His mother was a Mille Lacs Band member and direct descendant of Chief Buffalo of the Lake Superior Red Cliff nation. She introduced her 11 children to family members who taught them to trap, hunt, fish, and rice in traditional ways.

In the 1960s and ’70s, game wardens would chase him and his friends off their ricing lakes. “So we used to go night ricing,” Bill recalls with a smile. He was strong from working in the woods, and one day on Bowstring Lake he gathered 710 pounds in his flat-bottom boat. “Back then, before paddy rice and commercialization, you could make enough in a day to buy a nice car.”

After high school, Bill went to Haskell Indian Nations University in Lawrence, Kansas, a school his daughter attended and his granddaughter currently attends. It was there he learned to play basketball in the intramural program.

After Haskell, he participated in a relocation and job training program. Bill learned air conditioning and sheet metal trades and worked for GM for five years, but he soon grew bored and decided to head back to college at Berkeley, where he majored in political science and American Indian studies. That was in the late 1960s and early 1970s, when protests against the Vietnam War led to cancellation of an entire semester of classes.

“We weren’t protesting the war,” Bill says. “We had other things to do, like take over Alcatraz.” The protest was intended to demand return of Indian lands. “Once everybody caught wind of it, Indians from all over the country came, and it just got bigger and bigger.”

Although it dissolved into chaos, the takeover brought attention to Indian issues and prompted the U.S. government to recognize tribes’ inherent sovereignty.

“It created a lot of awareness not only domestically but internationally about the conditions on reservations. We gave up over 100 million acres of land nationally and signed treaties that made the U.S. government legally responsible for the health and welfare of Indian nations. That’s why we receive government allocation for things like health care, housing and social services. They’re still paying for the conquest and seizure of our land. They still haven’t paid a fair price for what they took from us.”

Later Bill brought some California friends to Minnesota to join AIM in a fishing rights demonstration on the Leech Lake Indian Reservation. “We joined AIM in Minneapolis and went up to Cass Lake and set up an armed encampment,” Bill recalls. “We knew it was wrong for them to be arresting people and throwing them in jail. Those were our God-given, inherent rights.”

He remembered getting chased off the ricing lakes in his youth. “You’d go ricing on what you considered to be Indian land, and there would be someone there to arrest you. I think that’s why I had it in me to fight.”

Their actions led to the groundbreaking case Leech Lake Band of Chippewa Indians v. Herbst, which resulted in the fed-



Bill posed with one of his picture frames at an exhibit of his artwork at the Onamia Depot Library.



Bill has won national Indian basketball championships for his age group in his 20s, 30s, 40s, 50s, 60s and 70s.

eral recognition of Band members’ right to hunt, fish and gather on the reservation — free of Minnesota game and fish laws.

After the decision, Indian tribes started developing their own conservation codes and establishing their own tribal court administration. “I’m proud to say I was part of that,” Bill says.

Following his rabble-rousing period, Bill began a long career of working on behalf of tribal sovereignty in California, Nevada, Minnesota, Oklahoma, and Washington, while raising six daughters and two sons.

Among his accomplishments, Bill:

- Served as executive director of the American Indian Center in Sacramento.
- Helped start the California Indian Manpower Consortium — including 100 tribes — which is still in operation.
- Worked as business manager for the Pyramid Lake Indian Reservation in Nevada, helping to get a museum built that is still standing today.
- Wrote a book on Chippewa government and developed a curriculum to be used in schools.
- Helped the Comanche tribe in Oklahoma rebuild their reservation by coordinating loans from the American

Indian National Bank and initiating gaming operations.

- Helped the Puyallup tribe in Washington win a \$160 million land claim settlement and put land in trust starting the Puyallup First housing project. Current Tribal Chairman Bill Sterud remembers Schaaf’s contributions and offers his respect whenever Bill comes back for visits.
- Worked with Leisure Time Gaming, St. Cloud, to secure contracts with several tribes to operate and finance Indian casinos, including Shooting Star Casino in Mahanomen, Minnesota.
- Won national Indian basketball championships (and several MVP awards) for his age group in his 20s, 30s, 40s, 50s, 60s and 70s.

Basketball, family, travel and art keep Bill busy now. Bill learned about Ojibwe birch bark arts as a child in the north woods, but he didn’t try it himself until 10 years ago. Although he makes some baskets and model canoes, his favorite work is making picture frames with traditional floral designs.

Bill’s work is currently on display at the Mille Lacs Band of Ojibwe Government Center, Health Center, and District II and III Administration Offices.

Klapel's Vision for DNR Based on Anishinaabe Values

Brett Larson Staff Writer/Photographer

Mille Lacs Band Commissioner of Natural Resources Susan Klapel has been in her position for just over a year — enough time to make progress on implementing Chief Executive Melanie Benjamin's vision for the department, and enough time to make some controversial decisions.

Susan remains confident, knowing her vision for the department — and Melanie's — is rooted in Anishinaabe values.

"Everything we do here is based on the idea of preserving what we have for seven generations," Susan said. "I think about my nieces who are now 6, 3 and 2, the littlest ones. In 20 years when they're graduating high school and college, what is going to be there for them? What can we do in this department to make sure they have what we have in 20 years?"

Her to-do list is a long one:

- Using DNR resources to oppose the Sandpiper Pipeline
- Researching the potential impact of mining in District II
- Restoring Ogechie Lake and its wild rice beds
- Restoring Namachers Lake in Pine County
- Completing an enrollment audit to make sure information is as up-to-date as possible
- Re-seeding 400 acres in Pine County with native prairie grass
- Preserving the Band's archives and oral history
- Improving the health of the Mille Lacs walleye population
- Educating Band members on everything from climate change to Band history to cultural traditions.

It is Klapel's job to carry out the vision of Chief Executive Melanie Benjamin, Secretary/Treasurer Carolyn Beau-lieu and District Representatives. Susan seeks advice from District Reps on property purchases and other issues of importance to the Minisnakwaang, Aazhoomog and Chiminising communities.

As a resident of District III, she understands the importance of listening to all Band members, not just those in District I.

This spring, Susan found herself in the midst of controversy when she decided to ban netting under the ice from April 1 to ice out.

Rumors circulated and some people misjudged her motivation, assuming she was playing favorites or demonstrating a lack of understanding.



Susan Klapel, center, is assisted in her duties by Director of Natural Resource Administration Rachel Shaugobay, left, and Administrative Assistant Alyssa Welsh, right.

In fact, the decision came because she understood the issue well. Because of the small harvest allocation this year, Susan feared too much of the quota might be taken in a short time if a netter "hit the jackpot" under the ice. That would mean few Band members would have a chance to net.

She also feared that the timing of ice out might make netting under the ice unsafe — not just for netters but also for conservation officers. Susan has been on the ice in the spring when it's breaking up, and she's seen the danger it can bring. "The ban wasn't for the whole year — just at the end of the year when the ice was unstable and the new quota was in effect."

What hurt wasn't that people disagreed with her decision, but that they didn't call her and talk to her directly. "I miss being out with Band members," Susan says. "I used to love being at the lake or waiting at the border for the deer hunters to

come back. I don't want people to think I'm not approachable."

In the end, the Band Assembly annulled her order, but Susan took it in stride. "That just showed me that our government is working," Susan says. "That's what the elected officials felt their constituents wanted."

As the first woman to hold her position, Susan has experienced some criticism from those who don't think she's up to the task — but that's nothing new.

Susan started her career as a DNR Conservation Officer, and from there joined the Tribal Police force. She's also hunted and fished, so she understands the interests of harvesters. "I've done things any guy has done, but some people don't think my decisions are going to be the right decisions when it comes to hunting and fishing."

She shrugs it off, knowing she's working in the interest of the seventh generation — as well as today's Band members.



DISTRICT 3

DNR Installs 'Beaver Deceiver' in District III

Brett Larson Staff Writer/Photographer

As part of an effort to restore Namachers Lake east of Hinckley, the Mille Lacs Band DNR on Wednesday, June 10, installed a "beaver deceiver" to prevent beavers from clogging a culvert near an inlet to the lake.

The deceiver, a type of flow device, is a trapezoidal metal cage designed to keep the beavers away from the culvert that passes under Davis Lake Road. Beavers have clogged the culvert, causing water damage to the road.

According to aquatic biologist Chad Weiss, the sound of the water rushing through the culvert may stimulate the beavers' instinct to build. The flow device allows them to begin building near the side of the culvert, but leads them away from the culvert and the stimulating sound of rushing water.

The device was developed in the 1990s by Skip Lisle while he was working for the Penobscot Indian Nation in Maine.

The Band hopes to raise the level of Namachers Lake and increase oxygen levels in the water to benefit walleye and panfish populations.



Chad Weiss installed the 'beaver deceiver' with help from DNR employees Wallace St. John, Richard Martin and Jacob Horbacz.



Wallace St. John

Band Joins Fish and Wildlife Service to Celebrate Refuge Centennial

Brett Larson Staff Writer **Alejandro Morales** Photographer

The nation's smallest wildlife refuge celebrated its biggest birthday on Thursday, June 11, with a party including hot dogs, cake and scores of visitors.

The Mille Lacs Wildlife Refuge, composed of Hennepin and Spirit Islands in Mille Lacs Lake, is only about half an acre in size, but it is significant because it is home to one of a small number of nesting colonies of common terns. The species is threatened in Minnesota.

Melanie Benjamin and wildlife biologist Kelly Applegate were among the speakers at the centennial event. Melanie said, "The Mille Lacs Band is very proud of our role in protecting the common tern. What I am most proud of, however, is the partnership between the U.S. Fish and Wildlife Service and the Mille Lacs Band of Ojibwe."

She then recounted how the Mille Lacs Band entered into the partnership with the U.S. Fish and Wildlife Service based on a simple handshake agreement.

Charles Wooley, deputy director of the USFWS Midwest Region, acknowledged Melanie's memory in his own speech, saying, "As Chief Executive Benjamin mentioned, 20 years ago our two governments discussed the need to conserve, protect and enhance Mille Lacs National Wildlife Refuge. Out of that came a hand shake symbolizing trust, respect and a commitment to conservation. Madam Benjamin, I appreciate your close collaboration and I would like to shake your hand as a commitment to another 20 years of this successful partnership."

With that he left the podium and walked to Melanie's picnic table for a reenactment of that historic handshake.

Kelly Applegate talked about the "international impact" of the common terns that nest on Hennepin Island — and which are not common at all. Kelly and his colleagues are banding birds to attempt to see if they are affected by the BP oil spill in the gulf as they migrate from Mille Lacs all the way to the coast of Peru.

Other speakers included Father Hennepin State Park manager Kris Erickson, DNR nongame wildlife program director Carroll Henderson, a representative from Congressman Rick Nolan's office, and Mille Lacs Wildlife Refuge manager Walt

Ford, who also manages Rice Lake Wildlife Refuge near East Lake. "Our management of common terns would not be possible without our partnership with the Mille Lacs Band of Ojibwe," Walt said. "My hat's off to the Mille Lacs Band for assisting us."

Speakers explained how the Mille Lacs Band helps pay for pea gravel to be trucked to Hennepin Island during the winter. The gravel is a good bed for tern nests and replaces rock that washes away from wave action. A grid made of string is set up each year to keep away ring-billed gulls that otherwise might scare off the terns.

Niigaan kids also came to the event, enjoying lunch, the playground, the swimming beach, arts and crafts, bird banding, and bat house building.



Wildlife biologist Kelly Applegate was among the speakers at the centennial event.



Fish and Wildlife Service Deputy Director Charles Wooley reenacted a historic handshake with Chief Executive Melanie Benjamin.



DISTRICT 1

Veteran and Active Duty Flags

The Iskigamizigan Powwow Committee is currently seeking out Mille Lacs Band families that intend to honor a family Veteran and/or Active Duty Band members by flying their U.S. Flag at the upcoming 49th Annual Mille Lacs Band of Ojibwe Traditional Powwow, which is being held August 21–23, 2015!

Please note that the flag raising will take place on Friday, August 21, 2015. All flags will remain flying for the duration of the powwow and will be illuminated throughout Friday and Saturday nights. The lowering of the flags will take place Sunday, August 23 prior to the Adult exhibitions. We strongly encourage you and your family to listen for the MC to announce for your family to start gathering at your Veteran's flag pole.

If your family intends to honor a veteran in your family during this time, please complete the form at right. All completed forms can be returned to Tony Pike at email **Tony.Pike@millelacsband.com** or mail to Powwow Committee, 43408 Oodena Dr., Onamia, Minnesota 56359.

Deadline to confirm your intention is August 14, 2015!



Veteran and Active Duty Family Flags Form

Name of Veteran/Active Duty family member: _____

Rank: _____

Years of Service: _____

Military Service: _____

Military Operation(s): _____

Medals Awarded: _____

Who will be carrying in the Veteran's Flag:

Name: _____

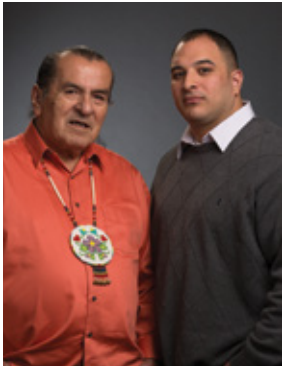
Rank: _____

Military Service: _____

Please provide your name and contact information: _____

Mail this form by Friday, August 14 to:

Attention Powwow Committee
43408 Oodena Dr.
Onamia, MN 56359



Wani’ind Abinoojiinyens Death of a Child

Lee Staples Gaa-Anishinaabemod Obizaan **Chato Gonzalez** Gaa-Anishinaabewibii’ang Ombishkebines

Azhigwa a’aw ikwe wani’aad inow oniijaanisensan bemiwinaajin, odaa-ni-naniizaanenimaan inow chimookamaani-mashkikiwininiwan. Ishke gaawiin a’aw wayaabishkiiwed gegoo odapiitendanzin i’iw akeyaa gaa-izhi-gikinoo’amaagoowiziyang anishinaabewiyang.

When a woman loses her baby while she is pregnant, she should be wary of the white doctors. The white man does not have respect for what we were given as *Anishinaabe*.

Mii i’iwapii gaa-ozhi’ind a’aw abinoojiinyens, mii-go omaa gii-ayaanid inow ojichaagwan. Daa-gagwedwe a’aw ikwe da-giiwewinaad inow abinoojiinyensan gaa-wani’aajin megwaa gii-pimiwinaapan. Ishke gaawiin gikendaagwasinini ge-doodawindwaabanen inow abinoojiinyensan wen’ aawaajin ingiw ikwewag megwaa bimiwinaawaad. Maagizhaa gaye ingiw chimookamaani-mashkikiwininiwag epaginaawaagwen inow abinoojiinyensan iwidi endazhi-apagiji-ziigwebinigeng. Maagizhaa gaye anooj odoodawaawaadogenan inow abinoojiinyensan giishkizhwaawaad, aana-wii-ondinamowaad nawaj wii-gagwe-gikendamowaad gegoo.

At the time of conception the baby has a spirit. The woman should ask to take home the fetus of the baby that she has lost. Who knows what could possibly be done to these babies that these women lost. Maybe the white man will just throw the baby in the garbage, or maybe they are doing research, cutting the baby up to learn something new.

Booch da-maajaa’ind a’aw abinoojiinyens, giishpin maajaa’aasiwind a’aw abinoojiinyens, mii-go omaa da-baa-gaagiwozhitoonid inow ojichaagwan omaa akiing.

It is necessary to send off the spirit of the baby. If the spirit is not sent off, his spirit will be wandering with no place to go here on earth.

Mii dash omaa apii wii-ni-dazhindamaan i’iw gaagiigidowin gaa-achigaadeg ani-maajaa’ind a’aw abinoojiinyens gaa-wani’aajin a’aw ikwe megwaa gigishkawaad. Ishke gaa-ikidowaad ingiw akiwenziyibaneg, mii iw izhi-gwayak iwidi wenji-izhaad a’aw abinoojiinyens iwidi ezhaawaad gidiniwemaaganinaanig gegoo izhiwebiziwaad miinawaa wenji-noogitaasig omaa akiing, ogii-misiwaabamigoon inow Manidoon gaa-onji-inendaagozid izhi-gwayak da-izhaad iwidi a’aw abinoojiinyens. Azhigwa ani-dagoshimoonod iwidi, mii inow Manidoon da-ina’oonigod a’aw abinoojiinyens gegoo gaa-onji-inendaagozid izhi-gwayak da-ni-izhaad iwidi gidiniwemaaganinaanig eyaawaad. Gaagige-minawaanigoziwining ezhi-wiinjigaadeg.

It is here that I want to talk about the talk that is used when a baby is sent off and lost during a woman’s pregnancy. What the old men had said was the reason those babies go straight over to where our relatives are and do not stop here on earth is that the *Manidoog* saw something desirable in that baby and that is why it was decided he go straight over. When he arrives over there, the *Manidoog* will give and gift the baby with what it is they had in store for that child and the reason why they went straight over to where our relatives are. The place called, *Gaagige-minawaanigoziwining* — Land of Ever Lasting Happiness.

Ishke gaawiin gegoo ogii-wanendanzinaawaa ingiw Manidoog. Mii-go gii-atoowaad ge-ni-naadamaagod a’aw abinoojiinyens iwidi izhi-gwayak gii-inendaagozid da-ni-izhaad. Ishke a’aw Manidoo iwidi genawenimaad gidiniwemaaganinaanan iwidi eyaanijin odayaawaan inow Manidoon nayaadamaagojin miinawaa genawenimaad inow abinoojiinyensan. Mii dash a’aw Gaagige-oshkiniigikwe. Mii a’aw ba-izhinizha’igaazod omaa, mii dash a’aw eni-dakonaajin inow abinoojiinyensan weweni da-dagoshimoono’aad iwidi eyaawaad gidinawemaaganinaanig. Ishke a’aw akiwenziyiban gii-ikido, ishwaasowag ingiw Manidoog ekwewijig. Mii a’aw eya’aansiwid ingiw Manidoog ekwewijig a’aw Gaagiige-oshkiniigikwe.

There is nothing that those *Manidoog* forgot. They also put things in place that will help the babies when it is meant for them to go straight over. The *Manidoo* over there that takes care of our relatives has a helper that takes care of the babies. She is known as *Gaagige-oshkiniigikwe* — *Forever Young Woman*. She is sent here to carry the baby ensuring that the baby arrives safely over there where our people go. That old man said that there are eight *Manidoo* that are women. She is the youngest of those *Manidoog* that are females, *Gaagige-oshkiniigikwe* — *Forever Young Woman*.

Akawe omaa niwii-tibaajimaag ingiw Manidoog ekwewijig, mii inow zeziikizininjin a’aw Wenabozho ogookomisan. Gookomisakiinaan ezhi-wiinind. Gaawiin a’aw akiwenziyiban ogii-kenimaasiin gakina ezhi-wiinjigaazonid inow Manidoon ekwewininjin. Mii-sa wiin igo aanind ogii-tibaajimaan ezhi-wiinjigaazonid, mii dash a’aw Nabaanaabe, miinawaa a’aw Giganaan (dibiki’giizis), miinawaa aanind ingiw anangoog. Mii a’aw bezhig anang ezhi-wiinind, Nazhike’awaasang.

First I am going to tell about the female *Manidoog*. The eldest is *Wenabozho*’s grandmother. Her name is *Gookomisakiinaan*. That old man did not know all the names of the female *Manidoog*. He did mention some of them by their names. *Nibaanaabe* — Mermaid, and *Giganaan/Dibiki-giizis* — The Moon and some of the stars. One of the star’s name is *Nazhike’awaasang* — The Evening Star/The One That Shines Alone.

Mii omaa akawe nawaj wii-ni-dibaajimayaan miinawaa. Ishke ingiw abinoojiinyag geshkitoojig babaamabatoowaad omaa akiing gegoo ani-izhiwebiziwaad, mii i’iw bikwaakwad ezhinimowaad i’iw menidoowaadak, mii iw dash beminizha’amowaad imaa miikanensing biinish iwidi ani-dagoshimoonowaad iwidi Gaagige-minawaanigoziwining ezhi-wiinjigaadeg. Mii iw ba-izhinizha’igaadenig i’iw menidoowaadak, mii dash ge-izhinang dibishkoo i’iw bikwaawad waabandang, mii dash iw nayaanoopinadood biinish iwidi weweni da-ni-dagoshimoonod.

It is here I want to tell more. If something happens to a toddler, one that is able to run around the earth, there is spiritual energy in the form of a ball, and that is what they chase down that path, until they arrive over there to *Gaagige-minawaanigoziwining* — Land of Ever Lasting Happiness. It is that spiritual energy that is sent over here that appears in the form of a ball that he sees. That is what he will follow until he arrives safely over there where our relatives are.

Ishke dash a’aw abinoojiinyens wani’ind dabwaa-wawiinge-giizhigid, gaawiin omaa wiidoopamaasiin omaa dabwaa-maajaa’ind iko endoodawind ani-maajaa’ind nawaj gechi-aya’aawid. Ishke gaa-ikidowaad ingiw akiwenziyibaneg, gaawiin gii-te-ojichaagoshinziin omaa akiing da-odaapinangiban i’iw wiisiniwin a’aw abinoojiinyens. Gaawiin dash memwech onaagan maagizhaa gaye onaaganan atamawaasiwag besho enawendaasojig da-ni-wiidoopimaawaad inow enaginigowaajin. Mii dash iwidi enabiwaad ingiw Manidoog epagizonjigaadenig i’iw wiisiniwin, mii dash imaa gakina awiya ani-naabishkaaged i’iw wiisiniwin, mii dash iwidi ge-ni-izhaamagak enabiwaad ingiw Manidoog.

If a baby is lost before he is completely developed, we do not eat with these infants before they are sent off like we do with adults. Those old men said that their spirits did not make it to that point where they made an impression on the earth and to be able to accept food. It is not necessary to put a bowl or maybe bowls for the close relatives since we are not having a meal with the infant. Instead the food is sent over to where the *Manidoog* sit, and as everyone eats the food, it in return goes to where those *Manidoog* sit.

Mii gaye ani-bimiwidood a’aw abinoojiinyens i’iw odaminowaagaansi-zhiishiigwan miinawaa i’iw iko eni-noobaajigaadeg omoodens miinawaa doodooshaaboo achigaadeg imaa. Miinawaa iko niminwendaan Anishinaabe-zhiiswaagamizigan imaa dagonigaadeg ani-wiishkoba’igaadeg i’iw doodooshaaboo.

The baby will also carry a little rattle and a bottle with milk. I prefer to have people add maple syrup to sweeten the milk.

Mii gaye imaa gashkabijigaazonid inow naaning akeya giishkizhigaazonid gendidaawizininjin inow asemaan. Mii inow gendidaawizininjin asemaan iko gaa-shaashaagwamaawaajin ingiw akiwenziyibaneg. Mii dash i’iw meskwegak gidagiigin mii imaa gashkabijigaazod a’aw asemaa gaa-kiishkizhigaazod. Meskwozid a’aw zenibaanh aabajichigaazod omaa dakobinind a’aw asemaa omaa meskwegak gidagiigin. Mii iw enaabaji’ind a’aw asemaa, niwing dasing imaa ani-waawaabanjigaazowag ingiw Manidoog, mii dash ani-biindaakoonindwaa jiigi-miikanens naabawijig. Mii dash iwidi ishkwaaaj ani-biindaakoonind a’aw Manidoo zhengishing imaa ziibiing iwidi ayaamagak. Mii iko imaa nawaj gechi-aya’aawid inow asemaan imaa baabiitawayi’ii oniinjiing achigaazonid. Onzaam dash babiwaamagadini oniinjiinsiwaan ingiw biibiiyensag da-achigaazonipan, mii dash i’iw wenji-gashkibijigaazonid inow odasemaawaan.

Also a small bundle is made with five pieces of cut up plug tobacco. **Continued on page 13**

That is the kind of tobacco those old men chewed. The cut up tobacco is then wrapped up in red cloth. A red ribbon is then used to tie up the tobacco in the red cloth. The purpose of the tobacco is that they will see a *Manidoo* on four different occasions; they will offer that tobacco to those *Manidoog* who stand alongside that path. The last piece of tobacco is used to offer it to the *Manidoo* who is lying in the river that they will come upon. For adults the tobacco is usually put in between their fingers. With infants since their hands are so small, that is why the tobacco is wrapped up in red cloth.

Gaawiin memwech inow bashkwegino-makizinensan daa-biizikoonaaasiin a’aw abinoojiinyens. Ishke inow Manidoon a’aw Gaagige-oshkiniigikwen owii-ni-dakonigoon da-ni-bimiwinigod i’iw miikanensing gaa-miinigoowizid a’aw Anishinaabe da-ni-maada’adood azhigwa gegoo izhiwebizid.

It is not necessary to put moccasins on the infants, since *Gaagige-oshkiniigikwe* will carry the infant down that path that we’re given to take when it is time for us to change worlds.

Ishke dash aabiding iwidi maajaa’iweyaan Neyaashiing, mii iw gete-gikino’amaadiwigamig gaa-atemagakiban iko imaa niigaan noongom badakidemagak i’iw ataagewigamig Misi-zaaga’iganiing eyaamagak, mii imaa gaa-tanakamigiziyaang gii-maajaa’ind a’aw abinoojiyens.

One time when I was doing a funeral in Mille Lacs, it was in the old school house that stood in front of where the casino is now in Mille Lacs, it was there that an infant funeral was being held.



Gidinwewininaan

Baabiitaw Boyd Gaa-ozhibii’ang



This month’s article is about my trip to Hawaii and meeting the Immersion teacher trainer.

Mii iw waa-ini-dazhindamaan gii-ini-izhaayaan iwidi chi-minising bangishimong Hawaii ezhiwinjigaadeg. Nigii-izhaa widi da-minowaanagozing da-anwebing naa biinish-go gaye da-mawadisag a’aw bizhishig-hawaii-gikino’amaagewinini. Kalehua anishinaabewinikaazo. Mazinibii’igewiwininiwi miinawaa chi-gikino’amaagewininiwi iwidi chi-gabe-gikendaasowigamigong waasaa iwidi University of Honolulu ezhiwiinjigaadeg. Ishke geget ogikino’amawaan inow weshki-gikino’amaagenijin iwidi.

Mii iwidi dagoshinaan imaa endaad a’aw Kalehua, mii gii-kanawaabamagwaa gii-abwaanaawaad inow gookooshan anaamikamig inow odinawemaaganan gaye wiinawaa.

Mii dash a’aw abinoojiinyens inow omaamaayan, mii a’aw gii-wiindamaaged gii-waabamaad gii-pi-biindigenid inow Gaagige-oshkiniigikwen iwapii gii-abiichigaazonid inow abinoojiinyensan gaa-wani’aajin. Mii dash gaa-izhinawaad inow Gaagige-oshkiniigikwen, gii-niishtana-biboonagiziwan naa gaye gii-kagaanwaanikwewan, miinawaa gii-makadewaamagadini owiinizisan, mii iwidi gaa-pagamigoodenig owiinizisan omaa odiyaang. Mii dash a’aw ikwe gaa-ikidod ogii-waabamaan inow Manidoon ganawaabamaad inow oniijaanisensan. Mii iw gaa-izhi-waabandang i’iw zhawendaagoziwin omaa gaa-ayaamagadinig omaa oshkiinzhigoong ganawaabamaad inow oniijaanisensan. Mii-go gaye dibishkoo gaa-izhinamowaad oshkiinzhigoong inow oniijaanisensan ganawaabamaad inow Manidoon.

The infant’s mother told about seeing *Gaagige-oshkiniigikwe* come in during the course of the wake. She said *Gaagige-oshkiniigikwe* looked to be about twenty years old and she had long black hair, it hung down to her butt. The mother said she saw that *Manidoo* looking at her baby. She saw the compassion of the *Manidoo* as she looked at her baby. She could also see the love in the eyes of her baby as he looked back at the *Manidoo*.

Mii dash gaa-ikidod a’aw ikwe, “Mii iw gaa-ondinamaan gaawiin nigagwaadagitoosiin azhigwa gaa-maajaa’ind miinawaa gii-nanaa’inigaazod niniijaanisens.”

The mother said, “As a result of seeing all this, I did not have a difficult time at the funeral or at the burial of my child.”

Gii-paataniinowag nayaadamaagejig gii-ayaawaad da-ozhitoowaad gakina ge-mijiiyaang. Gii-wenda-wawiingeziwan inow oniijaanisaan naa go gaye inow owiiwan gii-anokiinid. Ishke geget gii-hawaii-inwewag gakina. Mii eta-go gaganoozhiwaad gii-aabajitoowaad i’iw zhaaginaashiimowin.

Ishke geget dibishkoo gaa-inikamagak mewinzha nigii-nanaamadabimin imaa adoopowining endaad a’aw Kalehua naa go gaye odinawemaaganan. Nigii-amwaanaan a’aw gookoosh gaa-abwaanind gii-tazhindamaang gakina ezhiseg gikino’amaageng omaa endanakiyaan omaa misizaaga’iganing naa-go gaye widi Hawaii.

Ishke geget ninga-ozhibii’aan nawaj-igo gaa-tazhinjigaadeg ge-naadamaagooyang omaa Misizaaga’ganing da-nitaa-ojibwemowaad anishinaabe-abinoojiinyag naa-go gaye gakina awiia waa-kikendangig.

Continued from page 4

Minisinaakwaang Says No to Sandpiper

ration, for any human being to take away that happiness and that way of life and that right is completely wrong, and I would like Enbridge to think about that because their peace and happiness can be taken away just as easily.”

Opitchee Mushkooub said, “This is our food. This is where we live. This is our water. Our basic human rights. And that’s all we want.”

After hours of testimony, the hearing concluded with a look at the “big picture” of fossil fuel dependence and global climate change.

Winona LaDuke, a White Earth Band member, called the pipeline one more example of Indian people being victimized — a “dangerous” action given the fragile health of Indian communities. She said building a pipeline is “egregious from beginning to end,” emphasizing that burning the remaining oil reserves “is pretty much a death sentence to the planet.”

Don Wedll, a former Mille Lacs Band Commissioner of Natural Resources, said Enbridge is planning a second pipeline through the corridor to transport oil from Alberta’s tar sands,

and he discussed the potential costs to remove carbon from the air. “This is no different than years ago when people would dump pollution into rivers to avoid the cost of disposing of it properly,” said Don. “We will not see the impact of what we’re doing today for 75 to 100 years, but one of the ways we can prevent some of this is to stop expansion of pipelines.”

Dawn Aubid, another Minisinaakwaang resident, gave the final testimony of the day and summed up many of the arguments against the pipeline: “We are the caretakers of the land,” Dawn said, “and to protect the land is our civic responsibility.”

Before the testimony concluded, those in attendance learned that the Public Utilities Commission had voted 5-0 in favor of the certificate of need for the project. Although the action approves the construction of the pipeline, the final route of the pipeline has not been decided, so the testimony of Band members may still affect the outcome.

A routing permit will be granted after additional study of route alternatives. It is not clear how long that process will



Don Wedll



Winona LaDuke

take, but Enbridge has said it hopes to begin construction in 2016 and finish in 2017.

After the hearing, Melanie said, “This is far from over. We will do everything we can to protect our homeland.”

TRIBAL NOTEBOARD

Happy July
Birthday to Mille Lacs
Band Elders!

Robert Duane Anderson
David Niib Aubid
Cynthia Pauline Backora
Darline Ann Barbour
MaryAnn Sophia Belgarde
James Oliver Benjamin
Roberta Joy Benjamin
Donna Marie Boodoo
Lewelyn Gene Boyd
Roxann Lynn Carr
Kevin Scott Churchill
Randall Clark
Christine Marie Costello
Gary Lee Davis
Martha Kathrine Davis
Michael Wayne Davis
Brian DeSantis
George James Dorr Jr.
Rosella Marie Eagle
Donna Lou Gilmore
Karen Harrington
Caylen Jansen
Lawrence Gene Johnson
Loretta Ruth Kalk
Debra Ann Kamimura
Dixie Marie Kamimura
Judith Joan Kanassatega
Vivian Roxanne Kegg
Richard Joseph Keller
Deborah Jean Kersting
Darlene Ann LaFave
Bonita Marie Lucas
Virginia Mann
Lucille Ann Merrill
Meskwanakwad
Jo Ann Mitchell
Letitia Mitchell
Carol Jean Nickaboine
Debra Ann Olson
Karen Peterson
Joseph Vincent Pewaush

Steven Edward Premo
Daryl Alan Quaderer
Elfreda M. Sam
Valerie Jayne Shingobe
Alicia Lydia Skinaway
Geraldine Ellen Skinaway
Loretta June Smith
Andrew Felix St. Clair
Ruth Anne St. John
Glenn Staples
Patricia Louise Thomas
Jolette Marie Zapf

Happy July Birthdays:

Happy birthday **Brody** on 7/2 from Grandma June. • Happy birthday **Nicole** on 7/2, love the Harrington family. • Happy birthday **BOY** on 7/3 from KAKA. • Happy birthday **Isabel** on 7/4, love Dana, Duwayne, Mom, Michael, Michael Jr., Luis, Elijah, Braelyn, Brynley, Grandma Pam, Tommy, Ana, and Reese. • Happy birthday to my nephew **Baby Q** on 7/4 from his aunty/we’eh Cilla. • Happy 2nd birthday **Baby Q** on 7/4 with love from Anna and family. • Happy 6th birthday **Daymon Fronco** on 7/4 with lots of love from Mom, Selena, Dante, Maysun, Shawsha, Soul, Grama Vera, Stoner, Derek, Frankee, DeaLayna, and Bruce. • Happy 37th birthday **Codgie Dummoo** on 7/5 with love from Anna and family. • Happy birthday to my wonderful sister **Anita Benjamin** on 7/5 from Monica and family. • Happy birthday **Berta Bubblebutt** on 7/5 with love from Anna and family. • Happy 8th birthday

Dallas Downey on 7/5! We love you SO much! Forever, Mommy (Toya), Daddy (Steven), Hunter, Cami, Aunties Tawnya & Dawne, Uncle Jamie, and cousins Jessica, Sierra, Blake, Mekhi, Aubrey, and the Texas cousins. • Happy birthday **Mom** on 7/8 from Cilla • Happy birthday **Miranda Benjamin** on 7/9 from the Benjamin Clan. • Happy birthday **Andrea** on 7/9 from Great-Grandma June. • Happy 6th birthday **Cadence Marie** on 7/10 with love from Mommy, Gabe Dad, Gramma TT, Benny, Joshy, LoLo, Freddie, and Sy! • Happy birthday **Mariss** on 7/12 from your sis Cilla. • Happy birthday **Karen** on 7/13, love all your family. • Happy birthday **Landon Livingston** on 7/13 from Mom and Dad. • Happy 20th birthday **Jessica Stewart** on 7/14! You are loved by all of us! Mom (Dawne), Brittany, Mekhi, Aubrey, Aunties Toya & Tawnya, cousins Sierra, Blake & Dallas, and our Texas family. • Happy birthday **Whitney** on 7/14 from Mom, Dad, Charlotte, Carter, PJ, Ashley, Grandpa Doug, Nadine, and Chik. • Happy birthday **BuddZ** on 7/15 from your buddZ Cilla. • Happy 7th birthday **Joshua Jon** on 7/15 with love from Mommy, Gabe Dad, Gramma TT, Benny, Cadence, LoLo, Freddie, and Sy! • Happy birthday **Loretta** on 7/15 from Liz, Lydia, Manny, Elliot, her grandkids, and her great-grandkids. • Happy 40th

birthday **Rhinestone** on 7/15 with love from Anna and family. • Happy 40th birthday **Julian** on 7/15 with love from Anna and family. • Happy birthday **Jon Reynolds** on 7/15 from Aunty Monica and family. • Happy birthday to my niece **Tehlis** on 7/19. • Happy 5th birthday to my beautiful grand-daughter **Tehli** on 7/19, love you my beeb — Grandma. • Happy birthday **Chey Garbow Sr.** on 7/20 from MareBear. • Happy 33rd birthday **Twyla** on 7/20 with love from Anna and family. • Happy birthday **Rachel** on 7/21, love your brothers and sissys. • Happy birthday **Rachel** on 7/21 with love from Anna and family. • Happy birthday **Stace** on 7/22 from your sis Cilla. • Happy 28th birthday **Stacy** on 7/22 with love, Mom. • Happy 1st birthday **Ahrianna Grace Wiedewitsch** on 7/23 with love from Daddy, Mommy, Jazmin, Gramma Tammy, Auntie Brandi, Elias, TANK, Alizaya, and Rico. • Happy birthday **Paige Mitchell** on 7/23, also congrats on graduation from high school, love Mom, Dad, Freddie, Sam, Mulan, Tiny, Cetiva, Bunson, Beaker, and Tweety. • Happy birthday **Damian** on 7/26 with love from Mom, sister, and family. • Happy birthday **Brandon Benjamin Sr.** on 7/28 from Vanessa, Miranda, Jessica, Brandon Jr., Byron, Holly, Sunny, and Bethany. • Happy birthday **Ogui** on 7/29 from Micki, Phillip, Nadine,

Whitney, PJ, Grandpa Doug, and Chik. • Happy birthday **Donevin** on 7/30 with love from Anna and family. • Happy birthday **“Neck”** on 7/31 from The Squad. • Happy birthday **Jeannette** on 7/31 from grama Vera, Derek, Frankee, DeaLayna, and Bruce. • Happy birthday **BJ Livingston** on 7/31 from Mom and Dad.

Other
Announcements:

On April 20th, **Morningstar** and **Harvey Jr.** welcomed **Harvey GoodSky III** into the world. • Congratulations to **Jessica Benjamin**, Class of 2015 graduate. From Mom, Dad, and the Benjamin Clan. • Congratulations to **Nay Ah Shing fifth grade graduates** James Bigbear, Trenton Cash, EmmaRae Gahbow, Deshania Jackson, Laila Mitchell, Talia Nadeau, Mackenzie Osburn, Justus Petite-Deegan, Kiala Ryle, Molly Saboo, Dylan Sam, Gordon Sam, Lliana Sanchez, Ashton Smith, and Louis Whiteman-Cram.

Submit Birthday Announcements
Send name, birthday and a brief message that is **20 WORDS OR LESS** to Mick Sawinski at mick@redcircleagency.com or call **612-465-8018**.
The deadline for the August issue is July 15.

49th Annual Traditional Powwow in August

Friday, August 21–Sunday, August 23, 2015
Iskigamizigan Powwow Grounds, West side of Lake Mille Lacs
Co-MC’s: AMIK and Pete Gahbow
Co-host Drums: Timber Trails and Pipestone
Grand Entries: Friday: 7 p.m., Saturday: 1 p.m.-7 p.m., and Sunday: 1 p.m.
Events: Princess & Brave Contest, Best Parade Float Contest, Best Rez Car Contest, Horse-shoe Tournament, Moccasin Game, Fun Run (sponsored by the Mille Lacs Indian Museum).
Free: Admission, camping, showers, and firewood (off-site firewood prohibited)
Onsale: Powwow t-shirts, jackets, and buttons
Food & Craft Vendors: Limited space, reserve early. Contact Tammy Smith, 320-532-7752

Drum Monies: Drums must have a minimum of five singers. All singers must personally register with their drum and designate one individual who will collect at payout. At least five registered singers must be present at the drum during each roll call in order to be paid for that session.
Veteran and Active Duty Flags: The powwow committee is seeking flags for honoring family members who served. See page 11 for form and additional information, or to complete forms via telephone, contact Ramona Bird at 320-532-7860.
Other Information: All dancers must be in appropriate regalia at each grand entry and exhibitions in order to be paid. All tiny tot sessions will be smoke-free.
Contact: Brad Harrington at 320-515-0824 or Kim Sam at 320-224-1646.

Mille Lacs Indian Museum July Events

Visit events.mnhs.org for more details on events happening at the Mille Lacs Indian Museum during the month of July.

JULY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Want your event here? Email mick@redcircleagency.com or call 612-465-8018.			1 DII-A Chiminising Bingo 6 p.m. Chiminising Community Center	2	3 Mid-Summer Days	4 Kids Crafts: Dream Catchers 11 a.m.-3 p.m. Mille Lacs Indian Museum See page 14
5	6	7	8 District I Community Picnic Powwow Grounds Circle of Health Outreach 1-4 p.m. East Lake Clinic	9	10 DII-A WEX Outreach, Brenda Beaulieu 9 a.m.-4 p.m. Computer room Farm Fresh Fridays 4-7 p.m. Mille Lacs Indian Museum See page 14	11
12	13 AmVets Post 53 Meeting 6 p.m. Grand Northern Grill at Grand Casino Mille Lacs All veterans welcome Mobile Dental Clinic Carlton County Public Health and Human Services See page 16	14 Mobile Dental Clinic Carlton County Public Health and Human Services See page 16	15 Circle of Health Outreach 1-4 p.m. Urban Office DII-A Chiminising Bingo 6 p.m. Chiminising Community Center Mobile Dental Clinic Carlton County Public Health and Human Services See page 16	16 Mobile Dental Clinic Carlton County Public Health and Human Services See page 16	17 DII-A WEX Outreach, Brenda Beaulieu 9 a.m.-4 p.m. Computer room Mobile Dental Clinic Carlton County Public Health and Human Services See page 16	18
19	20	21	22 Circle of Health Outreach 1-4 p.m. DII-A Isle Community Center DIII/Aazhoomog Community Meeting 5:30 p.m. Grand Casino Hinckley Event Center	23	24 DII-A WEX Outreach, Brenda Beaulieu 9 a.m.-4 p.m. Computer room	25 Appliqué Porcupine Quill Workshop Noon-4 p.m. Mille Lacs Indian Museum See page 14
26 Appliqué Porcupine Quill Workshop 10 a.m.-2 p.m. Mille Lacs Indian Museum See page 14	27	28 DI Sobriety Feast	29 DII-A Community Meeting 5:30 p.m. Chiminising Community Center	30 DII-A Sobriety Feast 5:30 p.m. Chiminising Community Center	31 DII-A WEX Outreach, Brenda Beaulieu 9 a.m.-4 p.m. Computer room	

Higher Education Office’s Annual Graduation Recognition Ceremony

One hundred and thirty-five graduates (high school through Master’s degree) were honored June 24 at the Higher Education Office’s Annual Graduation Recognition Ceremony at Grand Casino Mille Lacs. Speakers included Commissioner of Education Suzanne Wise, Secretary/Treasurer Carolyn Beaulieu, and healer/Elder Herb Sam. The keynote speech was given by Ronald Anderson, an Elder and Property Manager for Mille Lacs Corporate Ventures. The honor song was by Timber Trails.



Yolanda Dorr-Slowey celebrated her graduation with her family and fellow Band graduates.



Ronald Anderson



Summer Olson brought her parents and husband to the event.

UCare’s New Mobile Dental Clinic

UCare’s new Mobile Dental Clinic will visit Carlton County Public Health and Human Services (14 North 11th Street Cloquet, MN 55720) from July 13–17.

UCare members age 12 months and older can get a dental check-up and cleaning, and other primary dental care at no cost.

Call TODAY for an appointment: 1-866-451-1555 (toll free) or TTY: 1-877-627-3848 (toll free).

If a ride is needed, eligible members can call UCare’s Health Ride at: 1-800-864-2157 (toll free) or TTY: 1-800-688-2534 (toll free).

No supervisory child care is available.

UCare Minnesota is a health plan with a Medicare contract. This service is a partnership between UCare and University of Minnesota School of Dentistry.

Mille Lacs Band Corn Feed



The District I Niigaan kids invited the Mille Lacs Band DNR to a corn feed and kickball game on Thursday, June 11. No one kept score, but everyone had fun!

Monte Fronk Teaches CPR Classes

Monte Fronk taught a CPR class to the District 1 Wii Du students, including Tierra Day, on Thursday, June 18. Monte, a certified CPR trainer, is the Band’s emergency management coordinator. He is available to teach CPR classes to Band government departments. To schedule a class, which is four

Mille Lacs Band of Ojibwe			
Summary of Expenditures and Financing Uses:	Approved Budget for FY 2015	Expenditures through 5/31/2015	% of Budget Expended
Administration (1)	14,696,104	8,111,591	55.2%
Department of Labor	20,487,635	3,947,510	19.3%
Judicial	1,273,825	618,444	48.6%
Department of Justice	5,225,715	3,071,081	58.8%
Education	18,394,174	11,153,693	60.6%
Health and Human Services	27,201,786	12,109,304	44.5%
Circle of Health Insurance	10,555,180	6,319,373	59.9%
Natural Resources	8,217,943	4,482,525	54.5%
Community Development	55,466,359	11,408,352	20.6%
Gaming Authority	5,324,748	3,091,110	58.1%
Non-Gaming Distribution	—	—	00.0%
Bonus Distribution	37,371,197	30,440,416	81.5%
Economic Stimulus Distribution	3,130,000	3,126,000	99.9%
Total	207,344,666	97,879,399	47.2%
(1) Administration includes chief executive, administration, finance, legislative, government affairs, and district operations.			
(2) The amounts above do not include casino operations. However, they do include government operations funded by casino distributions.			
(3) The Mille Lacs Band of Ojibwe has its financial statements audited every year by an independent public accounting firm. Audit reports from previous years are available for review at the government center upon written request.			
(4) Economic Development appropriations have been excluded as of October 31, 1997. As of October 1, 1997, the Band has separated accounting functions for the Corporate Ventures from the tribal government.			



Monte Fronk teaches Tierra Day about CPR.

hours in length and free of charge except for a small fee for the CPR card, call Monte at extension 2558.

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MILLE LACS BAND OF OJIBWE
43408 Oodena Drive
Onamia, MN 56359
millelacsband.com

Heating, Water, and Maintenance Problems?

During normal business hours: tenants in Band rentals and Elders living within the service area should call 800-709-6445, ext. 7433, for work orders. **After business hours:** tenants with maintenance emergencies should call 866-822-8538 and press 1, 2, or 3 for their respective district.

Free Hearing Evaluations

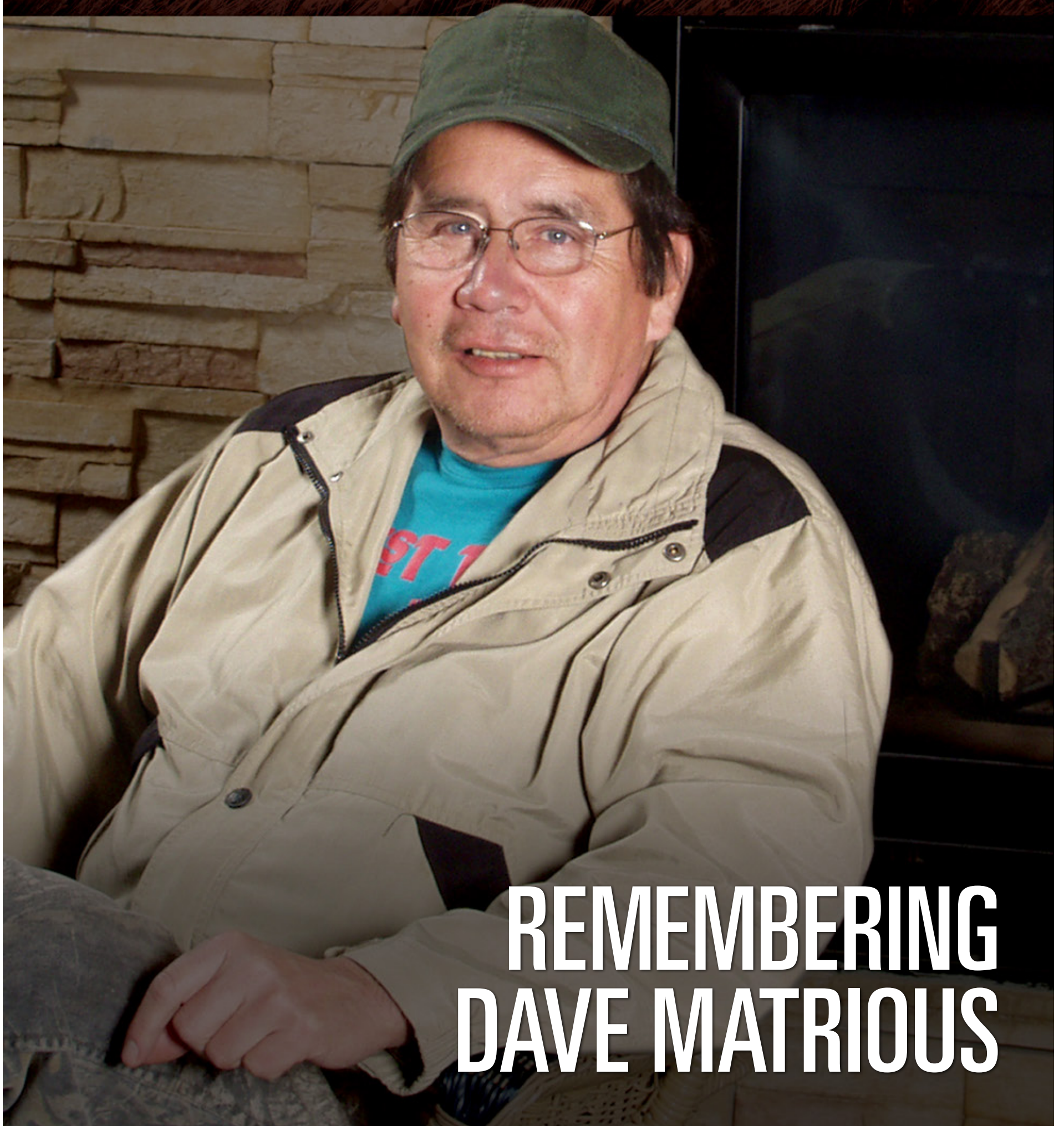
Evaluations take place on the second Friday of each month at Ne-la-Shing Clinic. Call 320-532-4163 to schedule an appointment. Walk-ins are welcome — we will do our best to serve you. Ask us about the \$1,000 in hearing aid benefits you can receive from the Circle of Health.

Hearmore Hearing has offices in Saint Paul and Osseo. To schedule an appointment Monday through Friday, call the Saint Paul office at 651-771-4019 or the Osseo office at 763-391-7433.

OJIBWE INAAJIMOWIN

THE
STORY
AS IT'S
TOLD

AUGUST 2015 | VOLUME 17 | NUMBER 08



REMEMBERING DAVE MATRIOUS

MESSAGE FROM THE CHIEF EXECUTIVE

MELANIE
BENJAMIN
CHIEF EXECUTIVE



Aaniin! As I write this column, I am waiting to board a plane at the Minneapolis Airport to travel to Washington D.C. The Senate Committee on Indian Affairs is holding an oversight hearing tomorrow (July 29th) on the “Real Cost of Alcohol and Substance Abuse” in tribal communities, and I have been asked to discuss the opiate crisis we are facing.

The Committee is interested in knowing the financial cost of addiction in tribal communities. We have some of that data that I will be sharing. For example, we know that each baby born addicted to opiates must spend an average of 15 days in the Neonatal Intensive Care Unit, and those costs average \$30,000. While there have been no national studies about the long-term impact of opiates on these children, we know that their symptoms as young children are very similar to babies born with Fetal Alcohol Syndrome (FAS/FAE). And we do know that on average, the government spends \$2 million dollars over the course of the lifetime providing services to children born with FAS/FAE.

But the costs to our children, our families, and our future as an Indian Nation cannot just be measured in money. When a child is born addicted to opiates, the baby will most often be placed in foster care, but it is not just that baby who is impacted, because the baby’s older siblings must usually be removed from the home as well. Unfortunately, we do not have enough Band member or Indian foster families to care for these children, which has also resulted in a crisis shortage of out-of-home placement for Band children.

It doesn’t have to be this way. If you know of an expectant mother who is using opiates, please convince her to get help. As family members, you may feel resistance and even hostility when you approach these women, but deep down they want

help. Often, these women feel isolated and alone, because that is what addiction does to people. With medical treatment, intervention and counseling, babies can be born healthy and return home with their mother after birth. But it is absolutely critical that the mother get help!

Commissioner Moose and I have been working on several initiatives that we will be bringing to the Band Assembly to address this crisis, including a proposal for a residential treatment facility for expectant mothers where they can get help and support throughout their pregnancy. I will be sharing these ideas with the Congress tomorrow when I testify, and letting them know how they can help us stop this epidemic that has plagued reservations in Minnesota.

There are many other issues we are working on right now that directly impact the future of our children, and which are covered in this newspaper. Getting the Sandpiper pipeline stopped or at least routed away from District II remains a top priority. Two weeks ago, I had separate meetings with the Commissioner of Commerce, the Commissioner of the Public Utilities Commission and the Commissioner of Natural Resources. I made clear our opposition to the Sandpiper and also insisted that these agencies engage in government-to-government consultation with the Band moving forward, prior to them taking positions on the route. We also held a first meeting with the Army Corps of Engineers and have requested that the Band be designated as a Cooperating Agency, which will give us a more influential role throughout this process.

Another issue that has taken up much of our time is the State’s announcement that it is near its quota of walleye and may shut down walleye fishing for non-Indian anglers at the beginning of August. I want to make clear that this issue does

NOT impact tribal harvesting rights, but of course there are those who want to blame us and the other Bands for this problem, despite scientific evidence that tribal harvesting is completely un-related to the declining walleye population. I’ve met with Governor Dayton, Lieutenant Governor Tina Smith and DNR Commissioner Landwehr about this matter and they understand this, and know that the Band has been an outstanding steward of the lake and our environment. To further step up our conservation efforts, I have directed Commissioner Klapel to write a proposal for a fish hatchery for Mille Lacs. This is in direct response to my recent meetings with elders in each of the districts, who asked that we explore a hatchery option.

There are many other issues happening right now that would take much more space than I have available to discuss, including a trip to D.C. last week to advocate for more federal assistance in fighting crime on the reservation and numerous other initiatives, but I want to close on a positive note by congratulating the District II Powwow Committee for an absolutely wonderful Inauguration Powwow. What a wonderful weekend that was, with a spectacular turnout! Despite some of the challenges we face, when our Band community comes together like we did last weekend and celebrate our identity as Anishinaabe people, the feeling of happiness is profound. We all need reminders now and then of all that is good and right about our community, and how beautiful our culture is. I am so grateful to all who contributed to last weekend, especially to the entire District II Community! Miigwech!

The Good Way of Life at ‘Mino B’

Brett Larson Staff Writer

The old Budget Host Hotel on Hwy. 169 in District I has a new name: Mino Bimaadiziwin: The Good Way of Life. The name was chosen after staff found a board game with the name. It seemed appropriate given the developing philosophy of the hotel.

“Mino B,” as staff and residents are calling it, still operates as a hotel under state and county laws and licenses, but it’s more than a hotel. It’s a place where homeless people, Indian or non, can spend a couple days or weeks getting things turned around and headed in the right direction. The hotel has a voucher program and reduced rates for Band members, but it’s open to the general public as well.

The Band considered various uses for the building, including a halfway house or government offices, but in the end it was decided it should remain a hotel with special programs for homeless people. Since it’s a business that is not on trust lands, it can’t limit service to Band members but welcomes anyone who needs a place to stay. Even so, Mino Bimaadiziwin definitely has an Anishinaabe identity that goes beyond the name.

The hotel opened in December, and in February Richard

Hill came on board as manager. Richard had been the general manager of the Band’s Housing Department, where he came to understand not only the housing needs of Band members but other needs as well: financial, physical, mental, social and spiritual.

During his time at Mino Bimaadiziwin, Richard has tried to implement a philosophy that makes the hotel unique.

“In five years as general manager of housing, I’ve seen a lot of the barriers our Band members deal with,” Richard said. “I’ve built relationships with family services, public health, the tribal police and other departments. I was able to capitalize on that to identify what the barriers are and reach out to the departments to give our guests a hand up to get to that next step.”

Richard admits that he’s had some negative encounters with some of the guests due to his previous role in the Housing Department, but he puts that in the past. “We don’t discriminate against anyone,” he said. “I tell them right up front, today’s a new day. Let’s focus on tomorrow, not yesterday.”

The hotel has 28 rooms as well as meeting space available, where a hand drum class was held recently, and a beading

class is in the works for the future.

On the grounds are a playground, basketball hoop, volleyball court, tetherball pole and barbecue grill.

The hotel also hosts a Wellbriety meeting on Saturday evenings at 6:30.

Richard would like to add a sweat lodge soon.

The casino provides a free shuttle service to bring guests to the government center, community center, Grand Market, casino or the movie theater.

On Friday, July 17, Richard invited Steve Lewis and Nancy Saboo to conduct a pipe ceremony for residents and anyone else who wanted to participate. Steve opened the morning by passing around cedar medicine and talking about the significance of cedar.

A pipe ceremony and talking circle followed. An elder talked about the importance of the Ojibwe language and explained the significance of the four directions. Another man named shared a pipe song and spoke about the importance of having a foundation in culture. A young father said it was the first ceremony he’d attended in a while, and it was helpful for him.

Richard Hill was born and raised **Continued on page 16**

Notice of Public Meetings on Proposed Pipeline

Minnesota communities along the route of the proposed Enbridge Energy oil pipeline will have an opportunity to weigh in on the debate during a series of public meetings that are being held this month. The public meetings will be held Aug. 11 through Aug. 26. Band members are strongly encouraged to attend the meetings.

Enbridge is required to obtain a route permit and certificate of need from the Minnesota Public Utilities Commission. The public meetings are a step in the state review, providing an opportunity for the public to share their views on the project.

Band members and others are welcome to share their concerns, suggestions, alternatives, or revisions regarding the proposed route. Written comments will be accepted through September 30; see below for instructions on submitting feedback.

The Calgary-based Enbridge Energy has proposed a \$7.5 billion pipeline project, including a 337-mile segment through Minnesota. The 36-inch diameter pipeline would stretch from Alberta, Canada to an Enbridge terminal in Superior, Wisconsin. North Dakota has approved its half of the 610-mile pipeline. Enbridge hopes the pipeline will be under construction in 2016 and finished the following year.

Meeting Information

- Each meeting begins on time.
- Attendees should arrive early to sign in, pick up materials, and find a seat.
- The meetings are led by state agency staff members.
- Public Utilities Commission, Department of Commerce, and Enbridge staff will be available to answer questions about the permitting process and the project.
- Both written and verbal comments will be added to the record.
- The Department of Commerce will use meeting comments and those offered during the comment period to develop the environmental analysis for this project.

11 a.m. Meeting Agenda

- 11 to 11:30 a.m. Formal presentations:
 - Public Utilities Commission
 - Enbridge Energy
 - Department of Commerce
- 11:30 a.m. to 12:30 p.m. Citizen Comments
- 12:30 to 12:45 p.m. Break
- 12:45 to 2:00 p.m. Citizen Comments
- 2 p.m. Meeting Adjourns

6 p.m. Meeting Agenda

- 6 to 6:30 p.m. Formal presentations:
 - Public Utilities Commission
 - Enbridge
 - Department of Commerce
- 6:30 to 7:30 p.m. Citizen Comments

- 7:30 to 7:45 p.m. Break
- 7:45 to 9 p.m. Citizen Comments
- 9 p.m. Meeting Adjourns

Meeting Times and Locations

- 11 a.m. on Tuesday, Aug. 11
Hallock City Hall – Upstairs Auditorium
163 3rd Street SE., Hallock, MN 56728
- 6 p.m. on Tuesday, Aug. 11
Newfolden Community Center
145 E 1st Street, Newfolden, MN 56738
- 6 p.m. on Wednesday, Aug. 12
Ralph Engelstad Arena – Imperial Room
525 Brooks Avenue, Thief River Falls, MN 56701
- 11 a.m. on Thursday, Aug. 13
Plummer Senior Citizen Center
185 Minnesota Street S., Plummer, MN 56748
- 6 p.m. on Thursday, Aug. 13
Gully Community Center
120 S Main St, Gully, MN 56646
- 6 p.m. on Monday, Aug. 17
Clear Waters Life Center – Gymnasium
256 2nd Avenue SW, Clearbrook, MN 56634
- 6 p.m. on Tuesday, Aug. 18
Rice Lake Community Center – Gymnasium
13830 Community Loop, Bagley, MN 56621
- 11 a.m. on Wednesday, Aug. 19
Park Rapids Century School – Cafetorium
501 Helten Avenue, Park Rapids, MN 56470
- 6 p.m. on Wednesday, Aug. 19
Park Rapids Century School – Cafetorium
501 Helten Avenue, Park Rapids, MN 56470
- 6 p.m. on Monday, Aug. 24
Pine River-Backus High School – Commons
810 1st Street N., Pine River, MN 56474
- 11 a.m. on Tuesday, Aug. 25
McGregor High School – Gymnasium
148 S 2nd St., McGregor, MN 55760
- 6 p.m. on Tuesday, Aug. 25
McGregor High School – Gymnasium
148 S 2nd St., McGregor, MN 55760
- 11 a.m. on Wednesday, Aug. 26
Carlton County Transportation Department
1630 County Road 61, Carlton, MN 55718
- 6 p.m. on Wednesday, Aug. 26
Carlton County Transportation Department
1630 County Road 61, Carlton, MN 55718



DNR employees testified at the Mille Lacs Band’s public hearing on the Sandpiper pipeline on July 5 at the East Lake Community Center. Pictured (L-R): Todd Moilanen, Chad Weiss, Ryan Rupp, Susan Klapel, and Perry Bunting.

Bad weather? Find out if a meeting is canceled. Call (toll-free) 1-855-731-6208 or 651-201-2213 or visit mn.gov/puc.

Comments accepted through September 30, 2015

- Refer to PUC Docket Numbers: PL-9/CN-14-916 (Certificate of Need) / PL-9/PPL-15-137 (Route Permit)
- Online: mn.gov/commerce/energyfacilities/#comment
- Email: jamie.macalister@state.mn.us
- U.S. Mail:
Jamie MacAlister, Environmental Review Manager
Minnesota Department of Commerce
85 7th Place East, Suite 500
St. Paul, MN 55101
- Fax: 651-539-0109

Important: Comments will be made available to the public via the Public Utilities Commission’s and the Department of Commerce’s websites, except in limited circumstances consistent with the Minnesota Government Data Practices Act. Personally identifying information is not edited or deleted from submissions.

Project Contacts

- Public Utilities Commission Public Advisor: Tracy Smetana at consumer.puc@state.mn.us, 651-296-0406 or 1-800-657-3782
- Public Utilities Commission Energy Facilities Planner: Scott Ek at scott.ek@state.mn.us or 651-201-2255
- Department of Commerce Environmental Review Manager: Jamie MacAlister at jamie.macalister@state.mn.us 651-539-1775 or 1-800-657-3794
- Enbridge Energy, Limited Partnership Project Contact: Lorraine Little at Line3ReplacementProject@enbridge.com or 1-855-788-7812

State May Shut Down Mille Lacs Walleye Harvest

The Minnesota Department of Natural Resources announced July 21 that state walleye anglers are nearing their harvest quota on Mille Lacs.

After the next creel report is received, Minnesota DNR Commissioner Tom Landwehr will take the necessary actions. If the state determines it has exceeded its harvest allotment, the commissioner will be legally required to suspend fishing for walleye on the lake.

At a meeting at the governor’s residence on Monday, July 20, Gov. Mark Dayton informed Chief Executive Melanie Benjamin and Mille Lacs Band DNR Commissioner Susan Klapel of the news.

Gov. Dayton has directed the DNR to wait until after

the next creel survey, which will cover the period from July 16 to July 31, to see if the most recent numbers are an aberration. During that time, officials at the DNR, the Office of Tourism, and Department of Employment and Economic Development will meet with resort owners and other affected stakeholders on Mille Lacs to discuss the situation and seek recommendations.

Susan Klapel told Band members at the District III community meeting that the state’s action will not affect Band members, who have not yet reached their walleye quota.

Despite the ongoing challenges with the walleye population, other fishing on the lake remains strong and near record highs. DNR Commissioner Landwehr stressed that anglers

should take advantage of the continuation of liberal northern pike and smallmouth bass regulations on the lake.

“Mille Lacs Lake remains one of the premiere fishing destinations in the state,” Landwehr said. “Northern pike and smallmouth bass are at or near record highs. Anglers should take advantage of the liberal regulations for these species. DNR tagging studies also indicate that muskies larger than 50 inches have never been more abundant.”

The Mille Lacs Area Tourism Council is also encouraging tourists and anglers to find other ways to “do the lake.” State officials met with Mille Lacs business owners on Thursday, July 23, to discuss ways to help the business climate.

Commissioner Sworn in for Full Term

Brett Larson Staff Writer



Percy Benjamin, Mille Lacs Band Commissioner of Community Development, was sworn in Monday, July 6, at the Mille Lacs Band Government Center.

Percy was originally appointed in November 2014 to complete the term of Katie Draper, who took a new position in the tribal government.

Chief Executive Melanie Benjamin nominated Percy for a full term, and the Band Assembly ratified the appointment.

Secretary-Treasurer Carolyn Beaulieu initiated the proceedings, and Percy took the oath of office from Chief Justice Rayna Churchill.

Melanie thanked Percy for his efforts during his term of service. Percy thanked Melanie for the reappointment and the Band Assembly for ratifying him. He gave credit to his staff and said he is honored to continue serving as commissioner.

A large crowd of well-wishers who witnessed the swearing-in lined up to congratulate Percy on his appointment. He said afterwards that meeting the housing needs of Band members, especially Elders, will be at the top of his department's agenda in coming months.

Are you an Elder or do you know an Elder who has a story to tell?

The *Ojibwe Inaajimowin* is looking for Elder stories for upcoming issues.

Send your name, contact information, and a brief description of the Elder you would like to feature to:

toya@redcircleagency.com,
brett@redcircleagency.com or
mick@redcircleagency.com or
call Mick at 612-465-8018.

Interested in submitting to the *Inaajimowin*?

Send your submissions and birthday announcements to Mick Sawinski at mick@redcircleagency.com or call 612-465-8018.

The September issue deadline is August 15.

Technology Provides Anishinaabe College Students New Options

Toya Stewart Downey Staff Writer

When the Anishinaabe College students return on Aug. 24 for their fall semester, they will have a new slate of courses and a new way of taking those classes.

Students will take their classes through what's known as ITV — an interactive method that uses television monitors and phone lines and allows for students and instructors to interact without being in the same room. Another option will be through a method called telepresence, which is similar to ITV.

"We've wanted to use technology to offer classes for a while now, and now we can," said Camille Naslund, the Band's director of Higher Education. "What's really great is that people can take classes where there's an ITV class being offered so it will be convenient for them."

The partnership with the Fond du Lac Tribal and Community College is making ITV possible, and it's opening the doors for students in East Lake and at Pine Grove to take classes without having to drive to the District I tribal college to attend in person. In DI classes are held at the Nay-Ah-Shing Upper School, in DII they will be held at the East Lake Community Center, and in DIII they will be offered at the Pine Grove Leadership Academy.

"Anytime something new happens there is quite a bit of

excitement in the community, which is a good thing," said Suzanne Wise, the Band's Commissioner of Education. "Our students want a variety of classes that can keep them motivated to continue on with their education."

The classes are being taught by staff from Fond du Lac and include offerings such as digital storytelling, American Indian studies, business, child development, American Indian history, calculus and introduction to Anishinaabe language.

"Previously, we've offered six to eight classes, but we are now offering 16 classes," said Camille. "Calculus is brand new, and so are some of the other classes that are being offered."

Students can continue to enroll for classes until the start of the semester and can eventually earn an Associate of Arts degree and can transfer their credits to a four-year college to earn a bachelor's degree.

"We're continually evolving to best meet the needs of Band members," said Camille, adding that there are more Indian studies classes and topics.

For the past four years, the tribal college offered classes taught through Central Lakes College (CLC) and staff from CLC came to District to teach in-person classes. This year the in-person classes aren't being of-

Continued on page 16

Band Assembly Opens Session

Stacey Thunder Photographer



The Mille Lacs Band Assembly opened the fourth session of the 16th Band Assembly on July 14, 2015. Pictured (L-R): District III Representative Harry Davis, District I Representative Sandra Blake, Speaker of the Assembly Carolyn Beaulieu, and District II Representative David "Niib" Aubid.

49th Annual Traditional Powwow

Friday, August 21–Sunday, August 23, 2015

Iskigamizigan Powwow Grounds, West side of Lake Mille Lacs

Co-MC's: AMIK and Pete Gahbow

Co-host Drums: Timber Trails and Pipestone

Grand Entries: Friday: 7 p.m., Saturday: 1 p.m.-7 p.m., and Sunday: 1 p.m.

Events: Princess & Brave Contest, Best Parade Float Contest, Best Rez Car Contest, Horseshoe Tournament, Moccasin Game, Fun Run (sponsored by the Mille Lacs Indian Museum).

Free: Admission, camping, showers, and firewood (off-site firewood prohibited)

Onsale: Powwow t-shirts, jackets, and buttons

Food & Craft Vendors: Limited space, reserve early. Contact Tammy Smith, 320-532-7752

Drum Monies: Drums must have a minimum of five singers. All singers must personally register with their drum and designate one individual who will collect at payout. At least five registered singers must be present at the drum during each roll call in order to be paid for that session.

Veteran and Active Duty Flags: The powwow committee is seeking flags for honoring family members who served. See page 11 for form and additional information, or to complete forms via telephone, contact Ramona Bird at 320-532-7860.

Other Information: All dancers must be in appropriate regalia at each grand entry and exhibitions in order to be paid. All tiny tot sessions will be smoke-free.

Contact: Brad Harrington at 320-515-0824 or Kim Sam at 320-224-1646.



DISTRICT 2

Gii-Ishkonigewag Powwow

Chad Germann Photographer

The Inaugural Gii-Ishkonigewag Powwow was held on July 24–26 at the Minisinaakwaang Powwow Grounds in McGregor, MN. The weekend included a special youth night on Friday, a men's woodland special Saturday night, a women's side step special, and 3-man hand drum contest on Sunday. The DII powwow committee also sponsored a Woodland Warrior Relay on Sunday, when

co-ed teams competed in canoeing, running, and biking.

Miigwech to the District II Powwow Committee and everyone else who contributed to this beautiful event!



'If I Can Do It, Anyone Can'

Luther Sam's story shows there's hope after heroin

Brett Larson Staff Writer/Photographer

Every morning, Luther Sam crosses the highway to the shore of Mille Lacs, where he puts out tobacco and says thanks for the gifts he's been given. He prays for the people he's hurt, and he asks for help to make it through another day.

Luther's story is a warning to anyone who thinks drugs are a game, but it's a beacon of hope to those caught in the powerful grip of heroin or other drugs.

Like many addicts, Luther was drinking by the age of 14. "Right from the jump I was experiencing blackouts," he recalls. "I'd wake up in a juvenile detention center not remembering how I got there. It was like my brain just turned off. Booze and drugs take over. And what's crazy is, you do it again the next day."

He'd lose hours on those binges. He would get in fights and wake up with bloody knuckles and bruises on his face. He spent his adolescence accumulating a record of minor consumptions, drunk driving and assault.

When Luther turned 18, things got worse. "I started using meth in a big way," he says. "Back then, people on the reservation were kind of sketchy about people who used meth. But then it blew up."

For the next 10 years, it was more booze, more drugs, more blackouts and more arrests. He started using Percocet, Vicodin and Oxycontin. "I'd be up for days, experiencing hallucinations. I spent time in jails, hospitals, detox centers, prisons. I slept on every state bed there is," Luther says.

In 2008, Luther was sent to prison for the first time for 3rd degree assault. Prison wasn't difficult for Luther because he had spent so much time in detention centers, county jails and treatment centers. He was comfortable with the routine, and he had developed a "survival instinct."

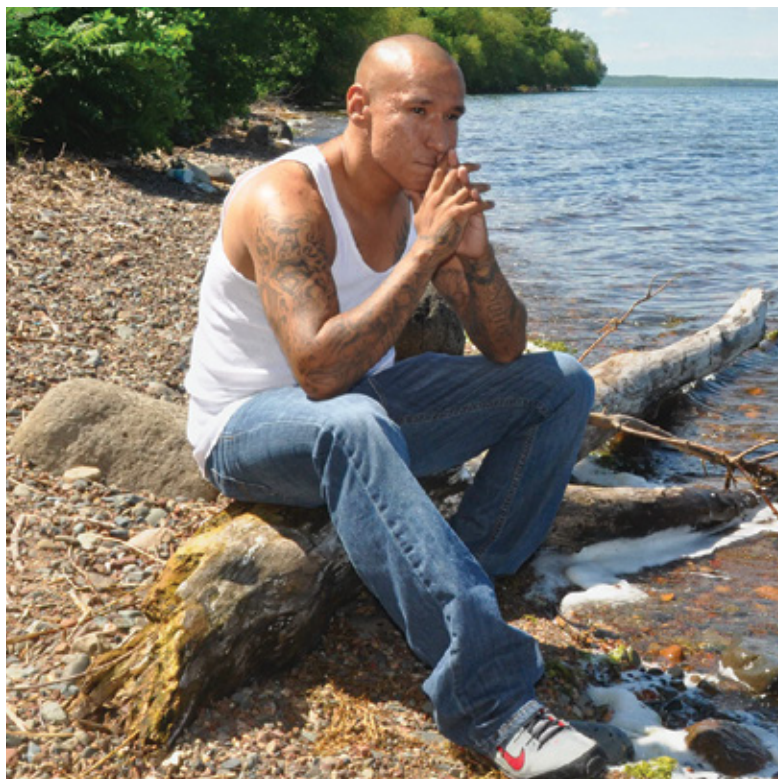
When he got out in 2010, he tried to get his act together. He had a daughter and a job to keep him focused. One day he was complaining to a girlfriend that he didn't want to go to work. She offered him heroin, and he accepted.

"Heroin was the lowest point for me," he says. "It became my life from the first try — a 24-hour kind of thing. Looking for it, getting it, using it, wanting it, and the cycle would start again the next day."

He started out sniffing it, but during the last year of his addiction, in 2012 and 2013, he was using IVs, often mixing heroin with methamphetamine.

Luther knew he was in trouble, so he checked into a treatment center where he was given Suboxone, Gabapentin and Klonopin, allegedly to help him get off heroin. "I walked in with a heroin addiction and walked out with a barbiturate addiction. As soon as my prescriptions ran out, it was right back to heroin and meth. Right where I left off. Nothing changed."

Luther went to prison again on April 26, 2013, which marked his first day of sobriety. Although drugs were available, Luther stayed clean, and one night he knew he wouldn't be going back to his old ways.



Luther Sam walks to the lake every morning to put out tobacco and pray.

"There was a big riot in prison, and I got some segregation time. While I was there, something happened in the middle of the night." He asked himself what was causing his addiction, the real reason for his troubled past.

"I knew I was lost," he says. "I had no sense of who I was, no sense of purpose. I needed spirituality in my life."

Luther calls it a "spiritual awakening."

"I started to pray every morning, quietly to myself. 'Give me the strength to make it through today. Watch over my daughter. Watch over my grandma. Watch over my mom. Thank you.' Every day. It just felt right. It felt like this is who I am, and this is what we need to do as Anishinaabe people."

Luther experienced an intellectual awakening, too. He turned off his TV and started reading books. At the prison library he checked out *The Red Road to Wellbriety*, *Bury My Heart at Wounded Knee*, and *Custer Died for Your Sins*. He started writing letters to friends in other jails.

Since his release from prison in February, things have steadily gotten better for Luther. He's received help from his friends Pat McCoy and Richard Hill, the manager of Mino Bimaadiziwin ("Mino B"), the old Budget Host Hotel where Luther was paroled. He has a full-time job and a driver's license. He's paid off his fines and restitution.

Meetings and ceremonies, especially the sweat lodge, help Luther stay clean and sober. He's hosting a wellbriety support group at the Mino B on Saturdays at 6:30 p.m. — to help others as well as himself.

He also credits his grandmother, Dorothy Sam, for planting

the seeds of recovery.

"My grandma was always talking about offering tobacco," Luther says. "If you're looking for answers, go to the Creator, ask the Creator and offer tobacco. Things she used to tell me didn't make sense back then, but it all makes sense right now."

Recovery is not without its struggles. Luther has ended relationships and faced hard facts about himself — including violence committed against his former partner. "There's nothing I could do or say that could make up for what I did to her — getting drunk and hitting her," he says. "I was a really bad person."

He's had to forgive himself and focus on the present day, trying to learn something new, to experience something positive. "Today I'm proud," Luther says. "I'm appreciative of who I've become. I'm doing things to better my life so my daughter can have a better life. I want her to have a strong, positive, cultural role model."

Luther wants other addicts to know there's hope. "In recovery, anything is possible," he says. "It doesn't matter how far you've gone into drugs. There's hope that you can overcome. Don't set limitations. Trust that the Creator has absolutely unconditional love for you. Everything we have in life is a gift, and it needs to be appreciated and respected as a gift — our kids, our partners, our home, our job."

"Three and a half years ago, I thought there's no way I'm gonna get off the drugs. I thought the only way out would be death, but here I am today, happy as ever. If I can do it, anyone can."

"In recovery,
anything is possible.
It doesn't matter
how far you've
gone into drugs.
There's hope that
you can overcome."

— Luther Sam

Register Now for the 2nd Annual Family Golf Outing

Mille Lacs Corporate Ventures is currently accepting registration for its second annual family golf outing. This 9-hole scramble will take place on Saturday, September 19 with a shotgun start at 9 a.m. at the Grand National Golf Club in Hinckley.

Registration is free and is limited to the first 36 teams. Teams must be comprised of two adults and two youth* players.

Prizes include: door prizes, registration goodie bags, cash prizes ranging from \$100 to \$400, and youth "Closest-to-the-pin" contest to win a PlayStation 4.

To register your team, please contact Beth Gruber at 320-532-8810 or bgruber@mlcorporateventures.com.

*Youth players are those 17 years of age and under.

Informational Flyer and Registration Form Can be found on mlcorporateventures.com/news

Return completed registration to: Mille Lacs Corporate Ventures, Attn: Beth Gruber, 700 Grand Avenue, Onamia, MN 56359

For questions contact Beth Gruber at 320-532-8810 or bgruber@mlcorporateventures.com.

Mille Lacs Delegation Attends White House Tribal Youth Gathering

Toya Stewart Downey Staff Writer

Mille Lacs Band youth and adults were among the hundreds of people who attended the first-ever White House Tribal Youth Gathering in Washington, D.C. last month.

The 12 attendees from Mille Lacs joined about 1,000 youth from 230 tribes representing 42 states. The event was held beginning on July 9 and held in conjunction with the United National Indian Tribal Youth (UNITY, Inc.) conference.

The gathering promises to build on President Barack Obama's Generation Indigenous (Gen-I) initiative and his commitment to improve the lives of Native American youth.

The President launched the Gen-I initiative at the December 2014 White House Tribal Nations Conference with a focus of improving the lives of Native youth through new investments and increased engagement. This initiative takes a comprehensive, culturally appropriate approach to ensure all young Native people can reach their full potential.

"Many of the students who attended the Tribal Youth Gathering have done certain levels of advocacy and community stewardship already," said Suzanne Wise, the Band's Commissioner of Education.

"We have students who are already activists against the pipeline, writers, public speakers, athletes, and youth who care for their communities and want the reservation to be a better, healthier place to live for all," she added.

Michelle Obama told the students not to give up and to continue to keep moving forward even through adversity. Her message was strong. She identified with the youth who have



"Each of you was put on this Earth for a reason," she said. "Each of you has something that you're destined to do, whether that's raising a beautiful family, whether that's succeeding in a profession or leading your community into a better future."

– Michelle Obama

been maltreated because of the color of their skin, cultural differences and deep embedded family values. They enjoyed that. These cultural differences are very real to our students and they want to listen to messages that are meaningful and relevant to them.

At the gathering, the attendees had the opportunity to hear directly from First Lady Michelle Obama, Cabinet officials, the White House Council on Native American Affairs and others about issues including health, justice, education, climate change, economic opportunity, cultural protection and language revitalization.

During her keynote address, the First Lady told the youth attendees that they were precious and sacred members of society.

"Each of you was put on this Earth for a reason," she said. "Each of you has something that you're destined to do, whether that's raising a beautiful family, whether that's succeeding in a profession or leading your community into a better future."

"You all have a role to play and we need you," the First Lady said, adding that she believed in them and the story of their generation.

She said the story of the Gen-I generation is about the



Bianca Roseland spoke about her trip to Washington, D.C. at the District III community meeting on July 22.

youth investing in themselves and "rising up as leaders in your nations and in the world."

Suzanne shares the same perspective.

"Our students who work through the Band's Niigaan department have a strong base to work from," said Suzanne. "The gathering gave them the needed push to continue the good work they have already started."

One of the adults who attended with the Mille Lacs youth was District I Niigaan director Bugs Haskin, who said Mrs. Obama took a "page out of the book of my life for her talk."

"She reiterated everything I've been saying to the kids for years," said Bugs. "The best part was when she told the kids 'to take two things from this conference, no four things, take four things with you from this conference and don't just take it, but put it to use.'"

The students who attended were: Clayton Benjamin, Jr., Austin Stobb, Algin GoodSky, Bianca Roseland, Daja Barnes, Sherraine White, Megan Merrill, Cassandra Merrill, Candace Killspotted and Kali Sam.

During the event, the White House announced several commitments that are designed to help native youth and Indian Country thrive.

Mille Lacs Early Education

Mille Lacs Early Education (MLEE) is a combination of six programs: Federal Head Start, Minnesota State Head Start, Federal Early Head Start, Early Childhood Family Education (ECFE), Early Childhood Special Education (ECSE) provided with the Onamia Public Schools, and Childcare. The programs all serve children and families birth to age five. Childcare is available for children age 6 weeks to 11 years. All of these programs focus on educating children. However, the needs and requirements for the six programs are very different.

Head Start and Early Head Start are federal programs that focus on low income and vulnerable children age birth to five. The goals are to help get children ready for school socially and emotionally, educationally, increase parent involvement, and improve the health and safety of children. The program must prove that a minimum of 51 percent of the families served are low income. MLEE must also recruit and enroll 10 percent of the total enrollment to include children with disabilities. The program also has an enrollment preference for Mille Lacs Band members, descendants and other Native Americans. Currently, only Mille Lacs Band Members and descendants are enrolled. The majority of enrollment points are based on children being low-income, Mille Lacs Band Members, being a foster child, being homeless, and having a disability or suspected disability.

Head Start programs serve children age three to five years. The children are provided with a high-quality early childhood education experience during the day from September to May. The curriculum focuses on literacy skills, math, science, large motor skills, fine motor skills, health, Ojibwe culture, and social

emotional development. Children enrolled in Head Start are learning every day. Funding is provided federally by the State of MN and the Mille Lacs Band. This service is offered in all three districts.

Early Head Start focuses on the same learning areas, but adapts them to serve children birth to age three years. Early Head Start operates September through July. Head Start and Early Head Start have a strong parent involvement. Both of these programs must follow Head Start Performance Standards. These are federal laws that regulate classroom space and equipment, staffing, curriculum, transportation services, disability services, nutrition and enrollment criteria. There are over 1,500 Performance Standards. Failure to follow the Head Start Performance Standards will result in the program being found out of compliance and can lead to a loss of funding. Early Head Start is offered in all three districts and is federally funded and Mille Lacs Band funded.

Another major requirement of the Performance Standards is training for staff and parents. There are 25 required trainings cited in the Performance Standards. All staff working with Head Start and Early Head Start children must attend these trainings. Mille Lacs Early Education currently employs over 90 staff who all need to attend the required trainings. The only way to ensure that staff is properly trained is to have training days. Because all staff must attend the trainings, all programs including childcare must close for those days.

Early Childhood Family Education (ECFE) funding is provided by the state. ECFE provides learning activities for children

and their parents. Mille Lacs Early Education runs Family Activity Nights September through May. These events and other parenting events, like Positive Indian Parenting, are open to all members of the community.

Early Childhood Special Education (ECSE) provides child find activities, screenings and assessments for developmental disabilities, and service to children identified with special needs. Head Start must recruit and enroll 10 percent of the total enrollment as children with special needs. Services to children provided include educational support, speech, physical therapy and occupational therapy to help with developmental delays.

Childcare is provided as a wraparound service before and after Head Start and Early Head Start in District I. There is not enough space in the building to provide childcare for families who need childcare only. Because of limited childcare space, the program must follow Performance Standards relating to recruitment and enrollment first. This means the program must give priority to low income and the most vulnerable children first.

Mille Lacs Early Education has the goal to provide high-quality early childhood learning and cultural activities. School will start on September 2. August 25 will be the first day for Head Start and Early Head Start this year. Open House will be on August 25th in all three districts.

For questions and information about the program contact Tammy Wickstrom, Director of Early Education.



FORMER SPEAKER WAS A MAN OF COMPASSION

Brett Larson Staff Writer Photographs courtesy of the **Mille Lacs Messenger** and the **Matrious family**

Alvina Aubele remembers when her brother, David Matrious, was born. “It was winter, and it was cold,” she recalled. “My dad had this old car hood, and he used it for a sled. We lived three miles from the main road, and he pulled my mom on that sled to the road.” From there they were driven to Cloquet, where David was born.

That car hood toboggan is a good symbol of David’s life — traditional and modern at the same time.

David passed away unexpectedly in June, taking with him a storehouse of cultural and historical knowledge and a loving heart that endeared him to his family and his community.

David served as District III Representative from 1986 to 1992 and as Secretary/Treasurer from 1992 to 1998. He played an important role in the development of the tribal government, the growth of the casinos and the victory in the 1837 Treaty case. During his time in office, David helped make decisions related to the planning and building of the casinos, the government center, schools, clinics, community centers, ceremonial buildings and a host of other projects.

Scott and Grace Matrious, David’s parents, were traditional Anishinaabe who lived in the Lake Lena community.

David and his siblings attended Twin Lakes School, a one-room schoolhouse near Lake Lena, as well as schools in Markville, Cloverton and Sandstone.

Scott made his income from logging, and he and Grace taught the children the value of hard work. The kids picked blueberries and beans to sell for extra income. They made birch bark birdhouses and peeled logs for their dad.

David always liked to be in the woods, according to his sister Carole Higgins. He was a Boy Scout, and he enjoyed sleeping in a tent and trying to live off the land. His mother would tell David, “I’m hungry for fish. Go fishing, Dave,” so he’d dig worms for bait and come back with fish.

David wasn’t exactly a saint, as his younger brother Gordon can attest. David once parachuted Gordon’s pet hamster off the roof, and he gave Gordon his first cigarette, then lied about it to their mom.

But Gordon admired David’s positive qualities.

“One thing about Dave, he always put everybody else before himself, even when he was in government office,” said Gordon. “Other people would get new houses for their family, but my brother wasn’t like that. He just got his house here two

years ago.”

Once Gordon asked David why he didn’t get himself a house. David answered, “I don’t really need one. If someone needs one more than I do, they should have it.”

His sister Alvina said he waited a long time for that house, finally moving in less than two years ago. She remembered how he tried to give the house to her when she was having health problems. “Dave, I lived in this house for 20 years,” she told him. “You just got yours. Enjoy it.”

Carole thinks David inherited his warm nature from his Elders. “Our parents showed a lot of compassion, and David showed a lot of compassion too.”

Alvina agreed. “Years ago when our folks were living, they took in an elderly bachelor,” she said. “They took care of him, fed him, gave him clothes. I think what my parents did with that old man, that’s where Dave got his sense of helping people, because that’s what he did: helped people.”

David surprised his family in 1993 by marrying and starting a family. They thought he’d be a lifelong bachelor like his uncles, but according to his sister Carole, he took to family life and loved being with his wife Alida and their children, Alex,

Angie and Scott.

He wasn't just a father to his own kids. Alvina has a 45-year-old son who lost his father at a young age. When he heard his Uncle David had died, he said, "He was like a father to me."

David was also a Drumkeeper, a role he inherited through his mother's father. He took his responsibility seriously, making himself available for naming ceremonies and funerals. He also used his knowledge of the community to help people find the graves of their relatives.

David was also an advocate for sobriety, encouraging others to live well without using drugs and alcohol.

David ran for Secretary/Treasurer in 1998. Though he wasn't successful in his bid for office, he continued to serve his community through research and teaching. In 2000, he helped establish Misizahga'igani Anishinabay Izhi Twah Win — the Ojibwe Language and Culture Center — in Rutledge, where he worked for seven years.

When Pine Grove Leadership Academy was started in 2007, David joined the staff, helping the Aazhoomog community pursue the dream of having a school to teach the Ojibwe language and culture. Earlier this year, Pine Grove became a satellite of Nay Ah Shing, and David was pleased to know the school would continue.

In recent years, David created artwork about clans and maps of the Anishinaabe communities along both sides of the St. Croix. He sponsored fundraisers for kids to travel to Alaska to meet native communities there, worked as a District III language instructor, and even put on a Christmas play with District III kids. David was named Outstanding Member of the Community in District III in 2011 after community members were asked to nominate people for the honor. David received the most nominations.

David's passing was unexpected. Although he had some minor concerns about his heart, he had seemed healthy in the days leading up to his death — even dancing at a powwow with his friend Donald "Duck" White.

Alvina hopes Band members will carry on David's legacy. "We should remember how Dave lived and how he was always helping other people. We need to do what we can to improve the community and be positive role models for the next generation."

Carole said David's passion was learning and teaching about Anishinaabe culture. "As we know, our Elders are dying, and a lot of knowledge gets lost. He would want us to get involved in learning traditional ways so we can help pass on that cultural knowledge."

“One thing about Dave, he always put everybody else before himself.”

— Gordon Matrious

Dave Matrious in his own words:

Returning to My Cultural Roots

I grew up in the Aazhoomog community in District III of the Mille Lacs Reservation. We lived off of the trail that gave the area the name "Aazhoomog", which means "crossroads" in Ojibwe. My father, Scottie Matrious, came from the St. Croix Band of Chippewa and my mother, Grace Sutton, was from the Mille Lacs Band.

My parents were very cultural people and spoke Ojibwe fluently. My mother stayed home with the kids and my dad was a logger in the spring and summer. He was a good hunter and liked to gather wild rice. I remember going to ceremonial events like the big drum with my dad and family. My father was a drum keeper. I learned a lot by watching him.

I quit high school in the tenth grade in 1969 and moved to St. Paul to work. Although I quit school early, I later got my G.E.D. and my A.A. degree in liberal arts. In St. Paul, I got my first job making \$1.50 an hour as a set designer at the local PBS television station. When I went to work in television, I was very excited and fascinated with the programs and their production. There wasn't electricity in Aazhoomog until the early 1970s, so I didn't have television growing up.

I started out constructing and painting sets before moving to the production side. At that time, there were very few American Indians in television broadcasting. When I was 20 years old, I moved to Maryland to work at another PBS station. It was scary, because I didn't know when I was going to return home. Working hard took my mind off of being homesick.

After four years in Maryland, I moved back to Minnesota. At that time, my parents lived on the St. Croix Reservation in Wisconsin. My father had a stroke that left him paralyzed on one side. My brother was finishing school, so I moved to Wisconsin

to help my mother care for my father.

Coming home from Maryland changed my focus in life. The move brought me back to traditional tribal ways, which I had turned away from during my adolescence. I felt like I was starving for something more and turned to my heritage. I learned my Ojibwe name and that my family clan was Sturgeon. I also learned the Ojibwe language, although I can understand it more than I can speak it.

After about a year in Wisconsin, my family moved back to the Mille Lacs Reservation. Since my father was sick, I began helping him and my mother with the drum ceremonies. Before I went to Maryland, I was placed on my father's drum, so I had some experience with the ceremonies.

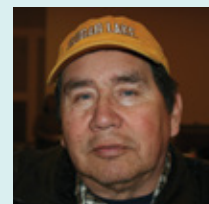
In the mid-1980s, there was a special election for the District III Representative position and I decided to run. I lost the election, but still got involved in the community. I started attending community meetings and sat on the housing committee after being asked to do so by one of the Band Representatives.

Then in June of 1986, I ran again for District III Representative and this time was elected. I held that position for six years, at which time I was appointed to Secretary/Treasurer of the Band Assembly. I also held that position for six years.

Today, I continue to be involved with the Band. I now work at the Band's Ojibwe Language and Culture Center as a resource specialist and help teach others about the Ojibwe culture. I don't pretend to know everything about the Ojibwe culture and drum ceremonies, but what I do know, I want to pass down. It's important to share these traditions, otherwise we'll lose our culture.



Remembering Dave Matrious



"Dave was a pillar of our community, always there to help anyone in need — anytime. He believed in our culture, and truly lived our seven values, one hundred percent. As a former elected leader, as a Drumkeeper and as a keeper of our history, he will be dearly missed by the entire community."

— Chief Executive Melanie Benjamin

"I was very saddened to hear of his passing. I first met David in the late 1980s when I was starting to research the history of the Aazhoomog or Lake Lena community in Pine County as part of my project to study the history of Ojibwe people through historical photographs. He was very kind and encouraging to me then, helping me to learn more about the history of the area and to get other band members interested in the project. He and I put together an exhibit of community photographs which we put up in the old community center where dances were held then. When I went to David's wake a few weeks ago I was very sad to be there but I was happy to see those photographs still on the wall in the community center of today. After my book *We Are at Home: Pictures of the Ojibwe People* came out in 2007, David took every opportunity to thank me and honor me for doing the book but it could never have been done without the active help and encouragement of David and his sister Alvina Aubele and many other people from the community. I had hoped that he and I could find opportunities to work together again to study the history of the area and even though he is gone the memory of his kindness will continue to be a help to me in every project I do. He will be greatly missed by me and by many others. I was honored to know him and to have him for a friend." — Bruce White, historian and author

"Dave was on the Band Assembly when I first got to the Reservation in 1987. There was not a kinder, gentler soul on Earth. Often folks in politics feel they have to be tough or mean. Dave proved he could get things done by being a fundamentally decent human being and serving the people." — Tadd Johnson, long-time Mille Lacs Band employee and consultant

"My friend David Matrious (Baadaasige): I had only met David in the last five years of his life. He was not only my friend but also my teacher. He taught me many native things, and though I was native myself I moved off the reservation when I was two years old and lost my native connection. We spent time in the sugar bush and the school he taught at. He would always be eager to help others and share his knowledge. I recently had a naming ceremony. He attended and was my sponsor. After I received my native name (Aawanagaabo — standing fog), he gave me his native name also, which to a native is an honor. I will cherish my time together and never forget my friend, my teacher, Baadaasige." — Frank Blue

Hand Drum Class Connects Boys to Heritage

Brett Larson Staff Writer



Five young Mille Lacs Band boys learned to make a hand drum on July 8 at Bimaadiziwin Hotel, the old Budget Host in District I. More importantly, they learned about Anishinaabe culture and traditions.

Their teacher was Mille Lacs Band member Terry Kemper, who told them, “Everything we do as a people has a spiritual connection to it.”

“The drum teaches you,” said Terry. “The pipe teaches you. If you use them, they’ll teach you. Everybody wants to go to an Elder to learn about the culture, but if you pick up a drum and use it, it will teach you, just from being connected to it.”

Jordan and Jayden Nayquonabe, Seth Benjamin, Damien Churchill and Jayden Sayers learned to punch holes in hides to make the drumhead, cut strips of hide to attach it to the frame, and wrap willow branches in yarn and leather to make drum sticks. William Sayers, Jayden’s father, also took part.

“It’s a good thing to watch this happening — a father and a son working together,” said Terry. “Learning something good, not what they learn in rap music and video games — something that has life that can help them.

“Today we need all the help we can get, and our culture is what’s going to help us,” he added. “If we can share that with the young ones, they’ll have the tools to use, cultural things, rather than what the system now gives us. They’ll be able to share with each other and create a better community.”

The class was offered thanks to Richard Hill, manager of the Bimaadiziwin Hotel. Richard learned that the Mille Lacs Indian Museum had some drum kits to share, so he contacted the museum’s director, Travis Zimmerman. Travis was happy to provide the drum kits for the class.

Richard brought in Terry to teach because he knew Terry would offer more than just a lesson in arts and crafts. “The teaching he brings with it goes beyond just the making of the drums,” said Richard. “That’s the big thing for Anishinaabe boys who are here. When they play their drums, hopefully they’ll remember that teaching and know it’s more than just a hand drum.”

Richard hopes to host additional drum-making classes in the future, as well as drumming and singing classes.



Damien Churchill, Jayden Sayers and Terry Kemper used glue to secure the yarn to their drumsticks.



Jayden Nayquonabe concentrated on wrapping his drumstick.

Cultural Center Hosts Fall Programs

Brett Larson Staff Writer/Photographer

Staff members are gearing up for fall at the Anishinaabe Izhitwaawin in Rutledge, also known as the Ojibwe Language and Culture Center.

The center hosted a three-day immersion camp in June for 80-plus students from Onamia and Nay Ah Shing schools and the Niigaan Program. They have also hosted a Fatherhood group from the St. Paul American Indian Family Center several times over the last year.

In late July, staff, volunteers and students built wigwams at the center as part of a traditional village project. A men’s group from the American Indian Family Center also came to help.

In August, Anishinaabe Izhitwaawin will prepare for ricing season by hosting a youth camp Aug. 18-20 and an adult camp Aug. 25-27. Nay Ah Shing students will attend a ricing class Sept. 1-3, and a group from the Twin Cities will come for a rice finishing camp Sept. 9-12.

Other programs being considered are adult immersion classes for Band leaders and employees, a regional Ojibwemowin retreat, one-day language seminars for Band departments, a language-learning website, and youth camps hosted by the Great Lakes Indian Fish and Wildlife Commission (GLIFWC).

For more information or to schedule an event, email ojiblang@millelacsband.com or call 320-233-6169.



A three-day immersion camp was held at Anishinaabe Izhitwaawin June 23-25 in cooperation with Onamia Schools and the Niigaan program.

A Concrete Plan for the Future

Brett Larson Staff Writer/Photographer

Five Mille Lacs Band members are among 13 graduates of a training program organized by the Minnesota Department of Transportation (MnDOT), the Cement Mason Union, and four Indian communities: Mille Lacs, Bois Forte and Fond du Lac bands, and the Ho-Chunk Nation of Wisconsin.

The graduates spent 12 grueling, but inspiring, weeks learning the tricks and tools of their new trade at the Local 633 Cement Mason Union training center in New Brighton. On Thursday, July 2, their families, teachers, and tribal leaders gathered to congratulate them at the same site.

William Sayers, one of the Mille Lacs Band students, was living in Chiminising and sugarbushing when he heard Tribal Employment Rights Director Craig Hansen give a presentation on the training at the District II-A community meeting. William was looking for a way to stay active in the community and take care of his twins.

"I'm really proud," William said on graduation day. "We formed a pretty strong bond. It's almost like we're all brothers and sisters."

McKenzie Reynolds, another Band member graduate, heard about the training at the Mille Lacs Band's urban meeting. She said it's a great career for those who don't want to work in an office but prefer to be outside and on their feet.

"It's that kind of work," she said. "You bust a sweat."

She enjoys patching and making things look smooth, and she also likes the math involved in concrete work. She hopes others will have similar opportunities.

Band member Rueben St. John said he enjoyed the physical nature of the work.

"It sounds easy and looks easy, but Moke gave us a wake-up call."

Instructor Moke Eaglefeathers made the students carry five-gallon pails of rocks back and forth across the yard, just to give them a sense of the physically demanding nature of the job. He also made them skip lunch at times, because that's how it is in the real world.

"The harder it got, the more fun I had," said Rueben. "I'd just laugh and smile and say 'Let's play!' We made it through 12 weeks and had a blast."

Anthony Jones credits his grandmother, who heard about the program at the Mille Lacs Band's urban meeting and encouraged him to apply. "I didn't know anything about construction before I came here," he said. "Now I'm making new things I never would've thought I'd be making."

He's not sure what's next, but he's ready to get to work. "I don't really have a dream job," said Anthony. "I'm just going with the wind. Right now this is my opportunity, and I'm going to take it and see how far it will lead me." Jones also highly recommended the program to others.

Band member Anthony Kegg was selected as the student speaker for the ceremony. He admitted that it was hard for a "class clown" like him to be serious, but he performed admirably.

"It's a golden ticket for me," he said. "It's a means to financially stabilize myself. I want a house, I want the playground in the back yard. I want my son to be happy." He said it gives him a sense of pride not just in himself, but also in his people. "I love these guys. They worked hard and persevered, and they were successful. It makes me proud to be a graduate with them."

The graduation event began with a pipe ceremony and song from the Bois Forte Drum Group. Chief Executive Melanie Benjamin, Brandon Benner of the Bois Forte Tribal Council and the instructors praised the graduates during the ceremony.

"What you have achieved today took tremendous courage because it required that you take the risk of believing in yourself. You bet on yourself, and took a chance that you would win," Melanie said.

She recalled her own experience in the construction trades, as she stressed the sacrifice the students made to be away from their families for 12 weeks.

"You took a chance, you bet on yourself, and today, you have won," she concluded.

The partnership between the tribes, MnDOT and the Union came about largely through the work of Mille Lacs Band Tribal Employment Rights Director Craig Hansen, who was referred to as "our ringleader — in a good way" by Maria Conley of MnDOT's Office of Civil Rights. Maria hosted the graduation event and gave the welcome.

Hansen was involved in the partnership from its inception

on May 5, 2014, when he met with TEROs from other tribes and the MnDOT Office of Civil Rights. "MnDOT was looking to partner with tribes to boost their number of qualified minority and female workers on projects throughout Minnesota," said Craig.

"We worked hard as a group to figure out how the training was going to work," he said. "The logistics of bringing 16 to 20 tribal members across the state and do a 12-week training was difficult. We held several meetings to work out the details, budget and iron out any differences."

After agreements were signed, Craig's office announced the training at the State of the Band in January, and they visited every community meeting from the end of January through February. The candidates were selected by the union and notified in March. On Monday, April 13, the first day of training



Pictured (L-R): McKenzie Reynolds, Anthony Kegg, William Sayers, Anthony Jones and Rueben St. John.

was underway.

The TERO Office will continue to stay in touch with the five Mille Lacs Band members for the next six months to track their employment opportunities and follow up with them as they begin their careers as cement masons. "Overall this training was a success, and we certainly hope to provide more training opportunities like this in the future," Craig said.

Band Members Encouraged to Sign up for CodeRED



Mille Lacs Band Emergency Management Coordinator Monte Fronk is encouraging Band members to sign up for

a new rapid emergency notification service called CodeRED.

The new system, which is available in Mille Lacs and Aitkin counties, will distribute emergency messages via telephone to targeted areas or the entire county at a rate of up to 1,000 calls per minute.

What is CodeRED® and why is it important to me?

CodeRED® is an emergency notification service that allows emergency officials to notify residents and businesses by telephone, cell phone, text message, email and social media regarding time-sensitive general and emergency notifications. Only authorized officials have access to the CodeRED® system. It will only be used in emergencies to notify citizens of missing persons, hazardous materials releases, boil water advisories, evacuations, etc.

Am I in the CodeRED® System?

Most residential and business landlines are in the system as well as some cell phones. The best way to be sure is to register! This will allow you to receive messages on your home phone, cell phone, by text message and email.

How do I get signed up?

1. Use the links below to register. Follow the instructions on the page. To sign up, go to <http://bit.ly/1RBWrNJ> if you live in Mille Lacs County or <http://bit.ly/1I6nV7K> if you live in Aitkin County. You can also link to the CodeRED sign up from the Mille Lacs Band website: <http://bit.ly/1MwDMfB>.

2. Add the CodeRED® telephone number to your contacts. You will recognize the following types of CodeRED calls by the numbers below. Make sure to save these numbers in your phone's contacts. If you would like to hear the last message delivered to your phone, simply call the number back. CodeRED Emergency Alert: 866-



Maamandoogwaasonan Eni-Atoojin A’aw Anishinaabe Manidooked Quilts Offered Up By Anishinaabe In Their Ceremonies

Lee Staples Gaa-Anishinaabemod Obizaan Chato Gonzalez Gaa-Anishinaabewibii’ang Ombishkebines

Mii i’iw waa-onji-dazhindamaan iniw waabooyaanan, geget niwenda-wanishkwe’igon waabandamaan eni-izhichiged a’aw aanind Anishinaabe ani-bagijiged noongom.

The reason why I am going to talk about blankets, is that it really bothers me to see how some of our *Anishinaabe* are doing their offerings today.

Mii i’iw aanind ezhichiged a’aw Anishinaabe ani-baabiitaw-aabajitood iniw waabooyaanan ani-manidoowichiged. Ishke ayaapii iko ninisidawinaanan iniw waabooyaanan gayat gaa-atooyaan gii-pagijigeyaan ani-aabajitood aanind a’aw Anishinaabe ani-bagijiged.

What some of our *Anishinaabe* are doing, they are reusing or recycling blankets that they put down as an offering at a ceremony. There are times that I recognize blankets that I had originally put down as my offering and then they show up later as an offering being put down by another *Anishinaabe* as their offering.

Ishke imaa niimi’iding ani-okosijigeng ayaapii imbi-wiindamaag a’aw Anishinaabe ani-nisidawinang i’iw waabooyaan ani-aabajichigaadenig ani-bagijiged awiya. Mii iko enendamaan, mii iwidi nanaamadabiwaagwen ingiw Manidoog ganawaabandamowaad ina’oonindwaa, mii imaa ikidowaagwen, “Tayaa! Mii imaa bi-dagoshimoonagak miinawaa o’ow waabooyaan gayat gaa-miinigoowiziyang.”

There are times at the ceremonial dances where people have come up to me to say that they recognize a blanket that they had used as a previous offering now being used as an offering by someone else. My thinking is, the *Manidoog* must be sitting there looking at their gifts saying, “What is this! This same blanket has arrived here again that them *Anishinaabe* had already gave us.”

Booch i’iw oshki-waabooyaan da-atood a’aw Anishinaabe ani-bagijiged weweni ani-doodawaad iniw Manidoon. Gaawiin odaa-baabiitawi’oonaa siin iniw Manidoon i’iw waabooyaan gayat gaa-ininamawindwaa ingiw Manidoog. Iniw waabooyaanan waa-aabajitoojin wii-pagijiged a’aw Anishinaabe, mii iniw noomaya gaa-kiizhi-gashkigwaadegin ge-aabajitoopanen.

The *Anishinaabe* has to offer up a new blanket as a way to treat the *Manidoog* respectfully. They cannot offer up a blanket that has already gone to the *Manidoog* in a previous offering. In their offerings the *Anishinaabe* should use blankets that they know were recently sewn.

Ishke dash waa-ni-izhichigeyaan niwii-ni-ayaangwaamimaa a’aw Anishinaabe da-atood i’iw waabooyaan gaa-kashkigwaadang maagizhaa gaye gaa-kashkigwaadamawind noomaya. Gego wiin iwidi odaa-apatoosiin i’iw Waalimaating da-o-adaawed i’iw waabooyaan waa-atood. Ishke mii i’iw debinaak ani-doodawaad iniw Manidoon wii-ni-izhichiged i’iw akeyaa.

What I am going to do now is encourage *Anishinaabe* to use quilts that they had personally sewn, or quilts that may have been sewn for them recently. They should not run over there to Wal-Mart to buy the blanket that they will use as their offering. *Anishinaabeg* are being disrespectful to those *Manidoog* when they are not doing the best they can by running to Wal-Mart to buy the blankets they are going to offer.

Ishke iko imaa ani-dazhinjigaadeg iniw maamandoogwaasonan ani-atamawaajin iniw Manidoon a’aw Anishinaabe, mii a’aw ani-gaagiigidod, mii imaa ani-dazhindang izhi-minochigewaad geshkigwaasojig. Ishke mii imaa anooj da-gii-paa-izhichigewaapan, mii imaa awashime dash inendamowaad weweni wii-toodawaawaad iniw Manidoon. Mii imaa akawe awashime inendamowaad wii-ni-nanaamadabiwaad weweni wii-ni-doodawaawaad iniw Manidoon ani-gashkigwaadamawaawaad i’iw waabooyaan waa-ininamawaawaajin. Mii imaa wenjikaamadinig da-naadamaagoowiziwaad debinaak ani-doodawaasiwaawaad iniw Manidoon.

When the *Anishinaabe* brings in a quilt as his or her offering, the one who speaks for him or her talks about what a good deed that person has done by spending their time sewing that blanket. During that time they could have been out doing other things, instead they decided to spend their time doing good for the *Manidoog*. They are doing the *Manidoog* good by deciding to spend their time sitting there sewing the quilt that they are going to offer to the *Manidoog*. That is where they will get their help from when they do not put a half-hearted effort in their offering to the *Manidoog*.

Ishke imaa Misi-zagaa’iganiing ishkoniganing ani-niimi’idiikewaad ingiw Anishinaabeg, geget ominwaabamigowaadogenan iniw Manidoon waabandamonid inigokwekamig iniw maamandoogwaasonan ani-atoowaajin ingiw Anishinaabeg apii okosijigeng.

When they have their ceremonial dances on the Mille Lacs reservation, the *Manidoog* must appreciate seeing all the numerous quilts that the *Anishinaabe* put down for them in the bundle as their offering.

Mii imaa booch wenjikaamagadinigwen ani-naadamaagoowiziwaad ingiw Anishinaabeg ani-niimi’idiikewaad. Mii imaa waabanjigaadeg, gaawiin debinaak odoodawaasiwaawaan iniw Manidoon.

That has to be the source of the help that the *Anishinaabe* is given as a result of their dances. This shows that the *Anishinaabe* are giving their all to the *Manidoog* in their offerings.

Gaawiin eta niimi’iding indazhindanziinan iniw waabooyaanan ayaabajichigaadegin. Mii-go gaye iniw waabooyaanan ayaabajichigaadegin imaa midewing, miinawaa gaye iniw waabooyaanan epigaabawijin Anishinaabe ani-zagaswe’iwed. Awegonen igo a’aw Anishinaabe eninamawaad iniw Manidoon, booch da-oshkayi’iiwang.

I am not only referring to the quilts being used during the ceremonial dances. I am also talking about the blankets used in *Midewiwin*, and also the blankets used as an additional offering in our everyday ceremonies or feasts. Whatever *Anishinaabe* is going to use as an offering in our ceremonies has to be brand new.

Booch gaye wenaajiwaniing akeyaa da-wii-izhi-naanaagadawendam a’aw Anishinaabe eni-gashkigwaadang iniw waabooyaanan waa-atamawaad iniw Manidoon. Ishke ingiw Manidoog, mii i’iw gegigaabawiwaad gegabiwaad i’iw wenaajiwang. Gaawiin da-minwendanziiwang ingiw Manidoog iwidi ani-dagoshimoonagadinig i’iw waabooyaan imaa mayaanaadak ani-dagosijigaadeg. Mii i’iw wenji-abaabasamaan iniw waabooyaanan etooyaanin. Aaniin gaye gii-ni-maji-inendang megwaa imaa gaa-kashkigwaadamawid i’iw waabooyaan.

Anishinaabe must also have good thoughts as they sew these quilts that they are using as offering to the *Manidoog*. The *Manidoog* only stand and sit with that which is good. The *Manidoog* would not be happy to have a blanket arrive and placed before them that contains all those negative vibes. That is the reason why I smudge the blankets that I put down as my offering. There is always a possibility that the one who sewed the blanket for me may have had negative thoughts as they were sewing my blanket.

Mii imaa ani-ikwe-niimi’iding, gaawiin memwech eta-go iniw weshkayi’iimagakin waabooyaanan da-ni-aabajichigaadesinoon ani-wiizhaangeng. Mii-go gaye imaa iniw waabooyaanan gaa-ondinigaadeg imaa okosijigeng niimi’iding, midewing, miinawaa anooj ani-bagijiged a’aw Anishinaabe da-ni-aabajichigaadegiban. Gaawiin ingoji izhaamagasinoon iniw waabooyaanan imaa apii wiizhaangeng. Mii eta-go ani-miinad a’aw ani-wiizhaamad dibishkoo gidani-odaminowaadaamin iniw waabooyaanan, mii imaa ani-minawaanigoziyang ani-wiizhaangeyang ani-ikwe-niimi’idiyang. Bi-wiizhaamigooyan i’iw maamandoogwaason bi-miinigooyan, ishke dash ayaanziwan waabooyaan aazhita ge-aabajitooyan da-azhe-wiizhaangeyan, wiikwajitoon igo niizhitana awashime daswaabik da-o-miinad gaa-pi-wiizhaamik.

During the side-step dancing it is not necessary that only new blankets are used. It can be a blanket that someone was given from the bundles, given at a *Midewiwin* ceremony, or maybe a blanket that was used as an offering at any other ceremony. The blanket is not offered to the *Manidoog* during the course of side-step dancing. The blanket is only going to the one that you have asked to dance with you as if we are having a fun time using these blankets to ask each other to dance during the side-step social dancing. When someone asks you to dance and they give you a quilt and if you do not have a quilt to give back during the return song, try to give them twenty dollars or more during that return song.

Ishke gaye imaa endazhi-niimi’iding, bi-miinikwaa gidagiigin ingiw Ogichidaakweg, mii-go ge-izhi-aabajitooyamban da-waabooyaanikeyan da-ozhitooyan iniw waabooyaanan waa-pagijigeyanin. Aaniin igo apii ani-miigiweng i’iw gidagiigin booch niizho-diba’igan maagizhaa niso-diba’igan da-akwaamagad. Ishke mii i’iw da-debisemagak dash da-waabooyaaniked.

Also if you are given cloth by the *Ogichidaakweg* during the ceremonial dance, you can use that cloth to make a blanket for your future offerings. Whenever cloth is being given out, it should be between two to three yards long. It has to be that length to be in order to have enough to make a blanket.

New Principal Stresses Need for Change

Brett Larson Staff Writer/Photographer



Jane Harstad

Jane Harstad, the new principal at Nay Ah Shing Abinoojiyag and Pine Grove Leadership Academy, has found her ideal job. “I’m excited for the challenge,” said Jane, a Mille Lacs Band descendant and Red Cliff member. “This is what I’ve studied all my life to do.”

Jane spent 11 years as a teacher in St. Paul at the American Indian Magnet School (where her children attended) and Longfellow Humanities Magnet School. She taught kindergarten through 5th grade as well as a regalia sewing class.

In 2005, Jane enrolled in Penn State’s Master’s program in American Indian Leadership, which trains American Indians to be principals. She went on to earn her Ph.D., focusing on curriculum and instruction, and along the way she taught in the education program and mentored future teachers.

After seven years of graduate school, Jane was ready for a breather. In 2012, she moved back to her house in St. Paul and took a job at Birchbark Books, the Minneapolis bookstore owned by renowned Anishinaabe writer Louise Erdrich.

“That gave me a chance to think about what I wanted to do next,” Jane said.

It didn’t take long for the right opportunity to come along. After some time in the nonprofit sector, Jane heard about a position at Nay Ah Shing.

She was hired as a curriculum consultant but soon got involved in other areas as well. “I jumped in with both feet,” Jane said.

Along with Education Commissioner Suzanne Wise, Executive Director Joycelyn Shingobe, Chief Executive Melanie Benjamin, Strategic Initiatives Coordinator Emily Johnson and Education Planner Shelly Diaz, Jane worked to secure federal approval to turn Pine Grove Leadership Academy into a satel-

lite of Nay Ah Shing. That required writing a plan and finding the equipment and personnel to implement it.

A new opportunity opened up when Silvia Norberg, principal of the lower school, retired at the end of the school year. Jane applied for the position and was eventually chosen. She started work as principal on July 6.

Jane has a list of priorities for Nay Ah Shing. The school is in year eight of “restructuring” under the No Child Left Behind act. She said the school has turned things around but needs to continue making progress.

In addition, she wants to raise expectations — for students, staff and the community.

“If the staff can show and model those high expectations then the students will follow along,” she said. One specific expectation is attendance. Truancy has been a serious problem at the school. She also hopes to provide more professional growth opportunities for teachers.

“The possibilities are endless,” said Jane. “These teachers work so hard. They know change is needed, and they’re willing to do it.”

Jane intends to make the school’s operations more transparent and to improve the school’s relationship with the school board and the community. She said a new community liaison, Joe Montano, is already making improvements.

Jane wants to revamp the school’s evaluation methods and use data to target instruction. She is putting new instructional teams in place and implementing a “responsive classroom” approach to aid learning and improve the school’s climate. She’s also creating a new lounge space to encourage teachers to decompress during the day.

“What we really need is lasting and sustainable change and not a quick fix,” Jane said. “The changes that we’re starting may not have effects you will see today, but they will tomorrow. We’re investing in the future here, the future of our children and the future of the band.”

Nay Ah Shing Students Attend Camp at Purdue

Eight students from Nay Ah Shing School, in grades 5 through 9, recently returned from a two-week trip to Purdue University’s GERI Summer Residential Camp. GERI stands for Gifted Education Resource Institute. The students who attended were Chase Sam, Louis Whiteman-Cram, Molly Saboo, Mia Sam, Ronni Jourdain, Jennie Mitchell, Taylor Nadeau, and Megan Saboo. They all represented Nay Ah Shing School and the Mille Lacs Band of Ojibwe with pride and respect.

For more on their trip, see millelacsband.com.



Gidinwewininaan

Baabitaw Boyd Gaa-ozhibii’ang



This month’s article is about the government providing Ojibwe language classes for staff on a department level! Way to go directors!

Aaniin!

Mii iw waa-ini-tazhindamaan ezhi-gikinoo’amaagoowaad ingiw enokiijig da-nitaa-ojibwemowaad omaa anisinaabe-mawanjii’idiwigamigong omaa Neyaashiing .Mii iw ge-onji-wawiingeziwaad maa ani-anokiwaad. Mii ge-inendaagwak da-ni-maminosemagak omaa Misizaaga’iganing ishkoniganing. Giishpin bagidinigoowaad, aanind enokiijig daa-gikinoo’amaagoziwig iwidi gabe-gikendaasoowigamigong. Aanind dash ogimaawag iwidi anishinaabe-mawanjii’idii-wigamigong omisawenimaan da-gikinoo’amaagozinid da-nitaa-ojibwemonid owiidanokiimaaganiwaan.

Nimiigwechiwawendam dash gii-kagwejimigooyaan gii-anoonigooyaan imaa da-gikinoo’amaageyaan. Gaawiin eta-go ojibwemowin gekinoo’amawagwaa. Ningagwe-gikinoo’amawaag ingiw enokiijig da-nitaa-gikinoo’amaadizowaad bebezhiig miinawaa-go nimiinaag aabajichiganan ge-aabajitoowaad da-ni-nisidotamowaad iw gidinwewininaan weweni.

Niwenda-apiitendaan o’ow enikamigak omaa. Odani-nisidotaanaawaa epiitendagwak gaa-izhi-miinigoowiziyang anisinaabewiyang da-inweyang. Mii iw waa-izhi-tibaajimoonagog. Miigwech!

Wewinabi 4th of July Parade

Tammy Wickstrom Director of Early Education

Mille Lacs Early Education had our annual 4th of July Parade on July 2nd at Wewinabi School. Each classroom made instruments, costumes, and decorated floats to put on a parade for our families. We had a great turn out of around 100 family members. This is the one time the children threw out candy to the adults! After the parade our families joined us for a picnic lunch and some great time together. Thanks to everyone who joined the fun!



TRIBAL NOTEBOARD

Happy August Birthday to Mille Lacs Band Elders!

Diane Marie Barstow
Frances Jean Benjamin
Wendy May Benjamin
Clarence Roy Boyd
Clayton Jay Boyd
Marlys Louise Bushey
Myrna Joy Ceballos
Karen Marie Clark
John Dewey Colsrud III
Geraldine DeFoe
Edward Ernest Dunkley
Roxanne Julie Emery
Gary Dean Frye
Dorinda Fay Garbow
JoAnne Sue Garbow
Samuel Garbow Jr.
Barbara Maxine Goodman
Diana Guizar
Mary Jean Harpster
Bradley Harrington
Blaise Eugene Hill
Robert Martin Houle Jr.
George Ben Jackson
Patricia Clarise Jones
Doris Kegg
Lorraine Marian Keller
Joseph Franklin Knudtson
Carol Elizabeth Kornkven
Andy Mitchell
Lynda Lou Mitchell
Gerry Warden Mortenson
Delia Ann Nayquonabe
Margaret Rose Premo
Linda Christine Quaderer
Bruce Anthony Ray
Sharon Marie Rogers
Theresa Joy Schaaf

William David Schaaf
David Duane Shaugobay
Bernadette Smith-Benjamin
Daniel John Staples
Connie Jean Taylor
Janice Louise Taylor
James Martin Thomas
Richard Henry Thomas Jr.
Sylvester W. Thomas Jr.
Barbara Ellen Toth
John Wayne Towle
Michael Laverne Wade
Alrick George Wadena Jr.
Diane Wadena
Carmen Denise Weous
Juanita Diane Weyaus
Donna Jean Wind
Eloise Betsy Wind
Franklin John Woyak

Happy August Birthdays:

Happy 2nd birthday **Lacey Ballinger** on 8/2, love Mom.
• Happy birthday **Taeren Ballinger** on 8/4, love Grandma Deb.
• Happy birthday **PJ** on 8/5, love the Harrington family.
• Happy birthday **Phil Harrington Jr.** on 8/5 from Auntie Sherry, Joel, Shawn, and Gabbi.
• Happy birthday **Tim St Clair Jr.** on 8/5 from Auntie Mary Brenda, Lucas, Rome, Logan, Jerome, Nikki, Brent, Lyric, Taryn, and the rest of the family.
• Happy birthday **Sharon** on 8/6, love the Harrington family.
• Happy birthday **Brenda** on 8/9 with

love from your husband, Logan, Rome, Mom, Jerome, Nikki, Taryn, Brent, Lyric, and the rest of the family wishing you a wonderful birthday.
• Happy birthday to my wonderful husband **David Shaugobay** on 8/11. I love you very much, your loving wife Flo Shaugobay.
• Happy birthday **Gram Kim and Papa Brad** on 8/15, love Kevin and Pie.
• Happy birthday **Mom and Dad** on 8/15, love Val.
• Happy birthday **Jay** on 8/16, love your brothers and Sissys.
• Happy birthday **Shawsha Kay** on 8/16 with lots of love from mommy, Selena, Dante, Maysun, Soul, Daymon, auntie Rae, uncle Joe, Simone, Donny, Sheila, Joey, and baby Sisi.
• Happy birthday **Gabbi** on 8/20, love the Harrington family.
• Happy birthday **Micki** on 8/20, love the Harrington family.
• Happy birthday **Jordan Garbow** on 8/20 from dad, Mary, Selena, CJ, Dante, Maysun, Shawsha, Soul, and Dayday.
• Happy birthday **Stew** on 8/20 from Sherry.
• Happy birthday **Madz** on 8/20. Lots of love from Mamaz.
• Happy birthday **Gabbi Jellum** on 8/20 with lots of love from Big sis Shawn, Grandma Deb, Len, and the rest of the family.
• Happy birthday **Aunty Mick** on 8/20 from Shawn and Gabbi.
• Happy birthday **Mom** on 8/25

from Cass, Travis, Trevor, Kayla, Crystal, Leighnah, and Grams.
• Happy birthday **Brynlee** on 8/26 from auntie Mary and Cuzzins. Selena, Dante, Maysun, Shawsha, Soul, and Daymon.
• Happy birthday **Gram Lynda** on 8/30 from Cass, Travis, Trevor, Kayla, Caryn, Crystal, and Leighnah.
• Happy birthday **Sammi** on 8/30 from Cass and Travis.
• We would like to wish our **Aunt Denise Pike (Neesie)** a very happy birthday on 8/31. From Chelle, Johnny B, Meelz, DeMaya, DeBreanna, Cudgey, ValaReya, and the rest of the family! We love you!
• Happy born day to **BABS** from Cass, Travis, Trevor, Caryn, Kayla, Crystal, Leighnah, and Lynda.

Happy Belated Birthdays:

Happy belated birthday **Kiana Morrison** on 7/7, love Mom.
• Happy belated birthday **Sophia Ochsendorf** on 7/13, love Grandma Deb.
• Happy belated 5th birthday to my baby boy **Brandon Dorr-Charwood** on 7/28!! Love mom, dad, big bro Kota, and big sister Brooklyn!!

Other Announcements:

Congratulations to my niece **Racquel Dorr** on achieving her high school diploma from

Milaca Senior high school. I am so proud! Love Aunty Star and family!
• Congratulations to my We'eh **Amber Benjamin** on her graduation from Brainerd high school! Love from the Dorr family!
• Congratulations to my cousin **Yolanda Dorr-Slowey** for putting in work and getting her Associate degree!! Good job! Love from Star Dorr and family.
• In memory of our mom **Betty Lee**, and our nephew/son **Kyle Parker**. You've been gone for 10 years, but not forgotten. Beautiful memories are wonderful things; in our hearts you are forever there. We miss and love you, Carolyn, Anita & Ken, Anita, Dianne, and Monica.
• The Band has hired Band member **Starr Erickson** as the temporary Court Liaison for District III. She will be transporting band members to court appointments. Call the Community Center at 320-384-6240 for further information and updated contact number.

Submit Birthday Announcements
Send name, birthday and a brief message that is **20 WORDS OR LESS** to Mick Sawinski at mick@redcircleagency.com or call 612-465-8018.
The deadline for the September issue is August 15.

Mille Lacs Indian Museum August Events

Kids Crafts: Cornhusk Dolls
Saturday, August 1 from 11 a.m.–3 p.m. (allow an hour to make the craft)
Fee: \$6 per kit, museum admission not included
Learn how to make a cornhusk doll to take home. Recommended for ages 8 and up.

55th Birthday Celebration
Friday, August 7 from 11 a.m.–4 p.m.
Fee: \$9 adults, \$7 seniors and college students, \$6 ages 6-17, free ages 5 and under and MNHS members
Help celebrate the Mille Lacs Indian Museum and Trading Post's 55th birthday with cupcakes and refreshments. In celebration, take 10 percent off purchases for the day.

Farm Fresh Fridays
Friday, August 7 from 4–7 p.m.
Meet with local farmers and growers and shop for regionally grown food products.

We are Anishinaabe: Our Great Migration
Saturday, August 8 and 22 from 1–2:30 p.m. (discussions offered at 1 and 2 p.m.)
Fee: \$9 adults, \$7 seniors and college students, \$6 ages 6-17, free ages 5 and under and MNHS members
Discover the origins of Ojibwe people in Minnesota in this 30-minute discussion and explore the

stories, values and traditions that traveled with them and remain today.

Mille Lacs Indian Museum and Trading Post Fun Run
Sunday, August 23 from 9–10:30 a.m.
Take a short walk around the Mille Lacs Band of Ojibwe Powwow grounds and earn a free gift courtesy of the Mille Lacs Indian Museum and Trading Post. Registration is located at the pavilion on the powwow grounds. Please note this event does not take place at the Mille Lacs Indian Museum. Call 320-532-3632 for more information.

Annual Open House
Sunday, August 23 from 11 a.m.–4 p.m.
The Museum and Trading Post are open and offer special Sunday hours and free admission.

Ojibwe Mitten Workshop (two day workshop)
Saturday, August 29 from 10 a.m.–4 p.m. and Sunday, August 30 from 10 a.m.–2 p.m.
Fee: \$65/\$60 MNHS members, plus \$25 supply fee
Registration: required three days prior to workshop; call 320-532-3632
Learn techniques of leather working. Participants will make a pair of Ojibwe-style mittens to take home. A light lunch and refreshments will be provided both days. A minimum of five participants required to host workshop. Children under 18 must be accompanied by an adult. Discounted hotel rooms are available for workshop participants on Saturday night at Grand Casino Mille Lacs.

AUGUST CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Want your event here? Email mick@redcircleagency.com or call 612-465-8018. Visit millelacsband.com/calendar for additional Mille Lacs Band events						1 Kid's Crafts: Cornhusk Dolls See page 14
2	3	4	5 Chiminising Bingo 6 p.m.	6	7 DII and DII-A Community Fun Day See page 16 55th Birthday Celebration See page 14 Farm Fresh Fridays 4–7 p.m. See page 14	8 We are Anishinaabe See page 14
9	10 AMVets Post 53 Meeting 6 p.m. Grand Northern Grill Grand Casino Mille Lacs. All veterans welcome. Lake Health Conference Eddy's Resort	11 Lake Health Conference Eddy's Resort	12	13	14	15
16	17	18 Anishinaabe Izhitwaawin Youth Camp	19 DIII Community Meeting 5:30 p.m. Grand Casino Hinckley Event Center Chiminising Bingo 6 p.m. Anishinaabe Izhitwaawin Youth Camp	20 Nay Ah Shing Open House 3–5 p.m. Anishinaabe Izhitwaawin Youth Camp	21 49th Annual Powwow See page 4	22 We are Anishinaabe See page 14 49th Annual Powwow See page 4
23 Fun Run See page 14 Open House See page 14 49th Annual Powwow See page 4	24 Mille Lacs Day	25 Nay Ah Shing First Day of School Anishinaabe Izhitwaawin Adult Camp	26 Anishinaabe Izhitwaawin Adult Camp DII-A Community Meeting 5:30 p.m.	27 Anishinaabe Izhitwaawin Adult Camp DII-A Sobriety Feast 5:30 p.m.	28	29 Ojibwe Mitten Workshop See page 14
30 Ojibwe Mitten Workshop See page 14	31 Head Start First Day of School					

UPCOMING EVENTS

Labor Day Monday, September 7	DIII Community Health Fair Tuesday, October 20 10 a.m.–3 p.m. Aazhoomog Community Center	DI Community Health Fair Thursday, October 22 10 a.m.–3 p.m. Mille Lacs Community Center	Warrior's Day Wednesday, November 11
MLCV Family Golf Outing Saturday, September 19	DII Community Health Fair Wednesday, October 21 10 a.m.–3 p.m. East Lake Community Center	DII-A Community Health Fair Friday, October 23 10 a.m.–3 p.m. Chiminising Community Center	Mii Gwetch Day Friday, November 27 and Saturday the 28
American Indian Day Tuesday, October 13			

Meet the Enrollments Team



Sue Engberg, Amanda Roache, Jennifer Ballinger

Band member Jennifer Ballinger is an enrollments specialist. She has been in her position since March. She helps verify enrollment information, answers questions, confirms eligibility, assists with trust accounts and researching families on behalf of family services.

Band member Amanda Roache is the enrollments manager. She has been in her role since June. Prior to that she served as the interim manager and as an assistant in the office for over a year. Amanda processes enrollment applications, does research, and serves on the Minnesota Chippewa Tribe’s enrollment review committee and oversees the Enrollments Office.

Sue Engberg is the probate clerk and has been in her role since 2006. Her position was moved to the Enrollments Office in April. She helps with family tree research for the Bureau of Indian Affairs, helps with family history affidavits and helps determine legal heirs for land ownership.

August is National Immunization Awareness Month

Kari DiGiovanni Carlson RN

Getting caught up and keeping up to date on immunizations is one of the most effective ways to help protect your family and community from disease.

There are many important reasons to make sure your child is vaccinated:

- Immunizations can protect your child from 14 serious diseases.
- Vaccination is very safe and effective.
- Immunizations can protect others you care about.
- Immunization can save your family time and money.
- Immunization protects future generations.

Following the recommended schedule offers the best protection:

- Following the recommended schedule protects as many children as possible, before they are exposed to potentially life-threatening diseases.
- Every dose of a vaccine is important because they all protect against infectious diseases that are threats today. These diseases can be especially serious for infants and very young children.

Adults need vaccines too:

- Many adults don’t realize they still need protection against vaccine-preventable diseases.
- Even healthy adults can become seriously ill, and can pass illness on to others.
- Immunization is especially important for adults 60 years of age and older, and for those who have a chronic condition such as asthma, COPD, diabetes or heart disease.

Parents can find out more about the recommended immunization schedule at cdc.gov/vaccines/parents/index.html or call Public Health at 320-532-7775. Also, talk to your doctor or other health care professional to make sure you and your children get the vaccinations that are needed.

Source: CDC

DII and DII-A Community Fun Day

The DII and DII-A Community 2015 Fun Day will take place at Valleyfair. The bus leaves Chiminising Community Center at 9 a.m. and East Lake Community Center at 8:30 a.m.

Continued from page 2

The Good Way of Life

in Iowa, but his birth family was from Lake Lena. After years in the air conditioning industry, he felt something calling him to Mille Lacs. Richard’s kids are grown up and on their own, but he’s now taking care of six foster children as well as his five stepchildren.

He’s also taking the opportunity to learn about Anishinaabe culture. “As we’re bringing things like drum classes and pipe ceremonies in here, it’s helping me get educated too,” said Richard. “A lot of our guests are looking for that spiritual help, and if I don’t know it, I can’t bring it to them. This gives me the chance to learn it, and then I can help teach.”

Continued from page 4

Anishinaabe Students

ferred, but staff from Fond du Lac will spend time meeting with students as needed.

“The classes that are being offered are meaningful to our students — as Anishinaabe people,” said Suzanne. “We want potential students to look at these class offerings and feel a sense that they want to learn and they can accomplish going to college.

“We welcome them even if they want to only start with one class that looks interesting,” she continued. “It’s getting them through the door that matters, and helping them accomplish their academic goals of working towards a college degree.”

For more information or questions call Camille Naslund at 320-532-4695. For a schedule of classes visit <http://bit.ly/1KvMIEP>.

Anishinaabe College (formerly Mille Lacs Tribal College) is located at Nay Ah Shing Upper School — 43651 Oodena Drive in Onamia.

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Onamia, MN 56359
millelacsband.com



Heating, Water, and Maintenance Problems?

During normal business hours: tenants in Band rentals and Elders living within the service area should call 800-709-6445, ext. 7433, for work orders. **After business hours:** tenants with maintenance emergencies should call 866-822-8538 and press 1, 2, or 3 for their respective district.

Free Hearing Evaluations

Evaluations take place on the second Friday of each month at Ne-la-Shing Clinic. Call 320-532-4163 to schedule an appointment. Walk-ins are welcome — we will do our best to serve you. Ask us about the \$1,000 in hearing aid benefits you can receive from the Circle of Health.

Hearmore Hearing has offices in Saint Paul and Osseo. To schedule an appointment Monday through Friday, call the Saint Paul office at 651-771-4019 or the Osseo office at 763-391-7433.

OJIBWE INAAJIMOWIN

THE
STORY
AS IT'S
TOLD

SEPTEMBER 2015 | VOLUME 17 | NUMBER 09



Dale Greene

A ZEST FOR LIFE

PAGE 8

ONE-YEAR
SUSPENSION
OF NETTING

INDIGENOUS
PEOPLES DAY
DECLARED

GARDENS
AND
GREENHOUSES

REMEMBERING
THE SANDY
LAKE TRAGEDY

MESSAGE FROM THE CHIEF EXECUTIVE

MELANIE
BENJAMIN
CHIEF EXECUTIVE



Boozhoo! Once again, it is back-to-school time for our children and youth! It seems the summer flew by. My month of August began in the best possible way, when I watched our amazing youth who competed in the Triathlon! The big excitement is always when they frantically tear off their outer layers and shoes for the swimming portion, and run into the lake. Congratulations to every child who competed — you are all champions!

The second week of August was packed with Minnesota Chippewa Tribe (MCT) business in Walker, hosted by Leech Lake. I sit on the MCT Finance Corporation board and the Natural Resources Subcommittee, which met on August 12, and then the full Tribal Executive Committee (TEC) met on August 13. After we adjourned, Senator Franken met with us for a special session to discuss the opiate crisis.

On July 29, I testified on this issue before the Senate Indian Affairs Committee in Washington D.C., and made several suggestions about how the federal government might better support us in this fight. Senator Franken discussed these issues with us as a group, and I'm hopeful that we might see some legislative assistance soon. This meeting went into the early afternoon, which prevented me from being able to attend the St. Paul City Council meeting to speak on behalf of changing Columbus Day to Indigenous Peoples Day, but I sent a letter along which was read by Government Affairs Director Jamie Edwards. As a major business player in St. Paul and as An-

ishinaabe people, it was important that we be involved in this effort. The resolution passed unanimously, so hopefully other cities in Minnesota will follow St. Paul's lead!

This month I also attended the Economic Development and Legislative Strategy meeting of the National Indian Gaming Association at Mystic Lake, where I served on a panel addressing the growth of Internet Gaming (IGaming). Many in the gaming world are concerned about the potential for the growth of IGaming to threaten our brick-and-mortar casinos, and there are federal efforts to restrict online gaming. I spoke to the need for tribes to be prepared for anything. The Band's investment in FourCubed, which is a leader in the online gaming marketing industry, is one way the Band is ensuring we are ready.

Along with the other tribal leaders in Minnesota, I met with Governor Dayton in August. I talked about the fact that the State still does not recognize the boundary of the Mille Lacs Reservation, and I gave him a copy of a Resolution passed by all eleven tribes in Minnesota which supports our boundary. I also shared with the Governor the Executive Hearing report attorney Nicholas Targ wrote on the proposed Sandpiper oil pipeline. Targ used the State of Minnesota's own language to show there was "structural racism" in the process of forcing this pipeline on our people.

Finally, on August 27, I testified before the Minnesota Public Utilities Commission, the Minnesota Department of Com-

merce and the Enbridge Company and said that their consultation process was disrespectful to Indian tribes and the Mille Lacs Band. District II Representative Aubid also testified as to their shameful process. We will continue to fight this pipeline as a Band government.

In early August, I spent several days with some amazing women from across Indian Country, including about 40 Mille Lacs Band women at the WeWin Conference. We heard powerful stories from women who had faced tremendous hardship in their lives. But rather than allowing tragedy to define their lives, they each had a story of triumph! What many of these women had in common is that they overcame these obstacles by turning to their culture, beliefs and traditions. They were practicing Cultural Sovereignty, and they found the wisdom and courage to make big changes in their lives that were right for them. It is my hope that we can all practice our Cultural Sovereignty every day, and keep our traditions in mind as the warm summer days cool down into the autumn of the year.

Miigwech!

Melanie Benjamin

DISTRICT 2 School's In!



Minisinaakwaang Leadership Academy in District II started school on Monday, Aug. 10. Behind the school are two wigwams that will be used for outdoor classrooms.

Second Pipeline Proposed for Sandpiper Corridor

East Lake meeting scheduled after Band government expresses concerns

Brett Larson Staff Writer/Photographer

In response to pressure from the Mille Lacs Band government, a public meeting about a second proposed pipeline through the District II region took place at East Lake Community Center Aug. 27.

The Band government pushed hard for the meeting after Enbridge Energy, the Public Utilities Commission (PUC) and the Minnesota Department of Commerce scheduled 13 “public information and environmental review scoping meetings” in non-Indian communities along the proposed corridor, but only one on Indian land, at Rice Lake Community Center on the White Earth Reservation.

Enbridge has applied for a permit to re-route Line 3 in the same corridor as the proposed Sandpiper pipeline. Line 3 carries oil from Alberta’s tar sands in Canada to Superior, Wisconsin.

The meetings are part of the Department of Commerce’s “full review” process for projects expected to have a significant environmental impact.

The meeting was added on Aug. 17 to the original schedule, which was published July 23.

Chief Executive Melanie Benjamin was the first to testify after brief presentations from the Public Utilities Commission, the Department of Commerce, and Enbridge Energy. She stressed that the meeting did not constitute government-to-government consultation with the tribes, which the state had still not entered into on either the Sandpiper or Line 3 applications, despite an executive order from Gov. Mark Dayton requiring that agencies do so.

Many Band members and allies spoke in opposition to the pipeline, including Joe Plumer, Dawn Aubid, Azhibik Aubid, Michael Davis, Dante Benjamin, Charlie Lippert, Emily Johnson, Suzanne Wise, Susan Klapel, Russell Shabaiash, David ‘Niib’

Aubid, Katie Draper and Raina Killspotted.

The youngest of the group, Dante Benjamin, introduced himself in Ojibwe and then spoke of the potential impact of an oil spill on the rice, the water and the animals. “We’ve had those lakes for so long,” he said. “We’ve been keeping them clean. We canoe on them. We put out our asema, which is tobacco, before we go. What I’d like to say is, we’re just kids trying to keep our traditional ways and protect our lakes.”

During a break in the proceedings, a sheriff’s deputy asked Niib to move to the other side of the room because he was holding his ceremonial war club, which the deputy thought Enbridge representatives might find intimidating. Niib declined to move.

After the break, Niib urged the attendees to look at the Enbridge representatives seated in the front row. “I want everybody here who lives in this community to take a good look at these Enbridge people,” he said. “It’s the face of genocide and environmental racism. Here it is. Look at it. Look at them. There they are. What they would do to us if they had the chance, and our way of life, our future generations. We can look at them now, but they have to look in the mirror for the rest of their lives and see themselves the way they are. ... Do you know who you are? You’re Mr. Environmental Racism. Mr. Genocide.



An Aitkin County deputy asked Niib to move because the deputy thought Niib’s ceremonial war club might be intimidating to Enbridge employees.



Dante Benjamin

That’s what you would do to the community here of Indian people of East Lake and the surrounding area.”

Niib spoke at length in Ojibwe and directed attention again to the Enbridge representatives. “They just sit there,” he said. “Well, I brought in a gift that was gifted to me, the ceremonial war club, and I think it’s time that it comes out!”

With that, he struck the table forcefully and walked away.

Two meetings in McGregor on Aug. 25 drew large crowds of opponents and a smaller group of supporters. Most supporters were members of plumbing and pipefitting unions.

There is currently an open comment period for this project. Comments will be accepted through September 30, 2015.

Contact the Public Advisor at **consumer.puc@state.mn.us**, 651-296-0406 or 1-800-657-3782 to sign up for the mailing list.

For more on this story and additional photographs, see **millelacsband.com**.

Report from June Hearing

Chief Executive Melanie Benjamin announced on Aug. 19 that the final report regarding the proposed Sandpiper Pipeline has been submitted to the Band. This report was developed at the request of Chief Executive Benjamin and discusses the environmental damage that the Sandpiper Pipeline could pose to the community.

Information for the report was gathered at a June 5 public hearing at East Lake Community Center. The hearing was coordinated by Melanie and Niib after Enbridge Energy and the Minnesota Public Utilities Commission failed to hold any hearings on tribal lands. More information on the report will be mailed directly to Band members in the near future.

Drumkeepers Call for One-Year Suspension of Netting

Brett Larson Staff Writer

Mille Lacs Band Drumkeepers have called for a suspension of ogaa (walleye) gillnetting on Mille Lacs Lake for at least a year in response to disturbing data from the Minnesota Department of Natural Resources (DNR).

In July, Gov. Mark Dayton announced that state anglers were nearing their quota, which was smaller than it’s ever been. At the end of the month, the state DNR shut down the angling harvest.

Dayton has called for a special legislative session to address the impact of the angling shutdown, and he made two visits to Isle — first to hear local views on the subject at Isle High School and then to fish for bass from a launch on the east side of Mille Lacs. The Legislature has not agreed to a special session.

Just before his first visit to Mille Lacs, Dayton heard from Chief Executive Melanie Benjamin that Drumkeepers had suggested that the Band call off netting from now through the end of the spring season.

In a letter to Band members, Melanie said the Drumkeepers

had decided the Band should make a sacrifice on behalf of the ogaa. One Elder talked about how the fish told the humans that they were willing to give their lives so humans could live. “The only thing they asked in return, was that we take only what we need, that we always be respectful and put our asema down, and make sure the Manidoog always know that we respect the walleye and will make our own sacrifices to help the fish if we need to do so.”

Another Drumkeeper said, “We are showing respect for the walleye. A long time ago, Way-na-boo-zhoo got into a confrontation with the walleye, he got scared and he left them alone for a long time. I think we should be willing to give up netting walleye for a while to help replenish the lake.”

“Most in the media have little understanding of our ways, and some non-Indians may think this decision was done for the State,” said Melanie. “I want all Band members to know, this decision was made for our ogaa, and only for our ogaa.” She said studies have shown that the tribal harvest has nothing to do with the decline of walleyes, but the Band has a responsi-

bility to help the ogaa recover.

Ceremonial netting will still be conducted, as directed by the Drumkeepers.

The Band is being cautious about public comments because of the potential backlash and its effect on the Band’s children. Melanie asked Band members to remember the Seven Values of Love, Respect, Wisdom, Courage, Honesty, Humility and Truth, and she recommended that Band members heed Elders’ advice “to just walk away from those who have anger toward us simply because we are Mille Lacs Band members.”

Neither the state shutdown nor the Band’s netting hiatus affects Band members’ ability to fish for walleyes with rod and reel. However, DNR Commissioner Susan Klapel is encouraging Band members to fish some of the 72 other lakes in the ceded territory to give Mille Lacs walleyes a rest.

Susan said she and Solicitor General Todd Matha are crafting a Commissioner’s Order that will declare netting closed for a year.

Band Leaders Address Opiate Addiction with Elected Officials In Effort to Find Allies and Solutions

Toya Stewart Downey Staff Writer

During her recent testimony to the Senate Indian Affairs Committee, Chief Executive Melanie Benjamin said the growing addiction to opiates throughout Indian Country has become a threat that is comparable to the “21st Century version of small-pox blankets.”

Many others share a similar perspective and have expressed grave concerns about the dangers of opiates in the Native American communities across the country.

After a recent Tribal Executive Committee Meeting of the Minnesota Chippewa Tribe (MCT), the group met for several hours with Senator Al Franken and discussed the issues of opiate abuse and talked to him about the issues plaguing reservations because of that abuse.

During the MCT meeting Sen. Franken said that the testimony given by Melanie during the July 28 Senate Indian Affairs Committee offered real solutions, such as opening a culturally based treatment center in Minnesota, that could help lawmakers as they look to partner with the Mille Lacs Band and other tribes.

He added that the solutions presented by Melanie were the only suggestions that the U.S. Senate had received so far on this matter. In comments addressed to the Chief Executive following her testimony, Chairman John Barasso, a senator from Wyoming, thanked Melanie for being the only witness to bring proposed solutions to the hearing.

The Band’s Health and Human Services Commissioner, Sam Moose, was at the MCT meeting and said that Sen. Franken was, “interested in finding a solution and he said that tribes would be a part of that solution.”

Sam added that the senator listened to the tribal leaders identify the problems and he heard that tribes need more resources, particularly funding to help with the problem.

“I think what’s important is that that when an issue like this hits the nation or the State of Minnesota, it hits Indian Country harder,” said Sam. “This is all compounded by social and historical trauma.”

Opiates are a group of drugs that are used for fighting pain and can be both prescription painkillers and illegal drugs such

as heroin. Recent health statistics show that across the state, 28 percent of babies born to Native Americans have neonatal abstinence syndrome (NAS) based on the drug use by the parent.

In other words, Native American newborn babies are 8.7 times more likely than white babies to be born with NAS. Babies of other ethnic groups in Minnesota are less likely than white babies to be born with NAS.

While the long-term effects of opiate addiction on babies are still being studied, the short-term effects are widely known and are heartbreaking.

The National Institutes of Health cite symptoms such as fever, irritability, seizures, sweating, trembling, vomiting, diarrhea, hyperactive reflexes, poor feeding, rapid breathing, sleep problems, slow weight gain, and high-pitched or excessive crying.

Drug use also increases the likelihood of birth defects, premature birth, low birth weight, small head circumference, sudden infant death syndrome (SIDS) and problems with development and behavior.

According to the Band’s Behavioral Health Department, the statistics surrounding opiate use are troubling.

- Native Americans ages 12 and older reported as highest drug-use rates of any ethnicity.
- There’s been a **984%** increase in opioid and heroin abuse among all groups from 1998–2011.
- There’s a **3,695%** increase from statistic above of opiates and heroin among American Indians since 2011.
- There were 38,329 drug overdose deaths in 2010, and of that, 16,000 deaths were due to opiates.

Cheri Hample, the Band’s Health Services Director, said the tribal health directors statewide are constantly discussing opiate abuse and the problems they are causing for Indian Country.

“If a woman is addicted to opiates and is pregnant, we’re losing a generation and the future of that child who is born addicted,” said Cheri, who has been in her role for six months.

“Because of this issue, one of the initiatives we have here

is that we are going to focus on the child-bearing age group and do focused outreach to women who are not seeking prenatal care.

“The challenge is that because the Band doesn’t have its own hospital, those of childbearing age tend to go to different places for treatment when there’s a problem, but not necessarily for prenatal care,” Cheri said.

“They are not on our radar, and we’ve got to find a way to change that,” she said. “Some may be reluctant to seek us out because the response to opiate abuse is punishment.”

To help, the health services department is working with the public health department in an effort to reach out and track those in the community who are pregnant. Health Services is also hoping to hire nurse practitioners that have a focus on prenatal and public health.

Eventually, the hope is that they will be able to focus on young males, too, in an effort to help them understand the outcomes of addiction, particularly in babies. “Young males are an underserved population because they are less likely to need medical attention than women of childbearing age,” Cheri said.

“We are dealing with a huge, complex problem. When people seek medical attention, they are expecting a prescription when they leave, so you have this complexity of how we’re prescribing drugs,” said Cheri. “You layer this with historical trauma, boarding school trauma, and we’re now contributing to a system where addictions can multiply.”

And when addictions multiply, it impacts the people who are addicted as well as the community. That is the message Mille Lacs Band leaders and other leaders of tribes across the country are trying to share with both local, state and national elected officials.

“Last year, 262 Indian babies were born with opiate addiction in Minnesota and cost about \$8 million in medical care during withdrawal,” said Melanie during her testimony before the Senate Indian Affairs Committee. “The costs only grow as these children are often placed in foster care and require additional services to address their health needs.”

St. Paul Declares Indigenous Peoples Day

Brett Larson Staff Writer

On August 12, the St. Paul City Council voted unanimously to recognize “Indigenous Peoples Day” on the second Monday of October.

Formerly known as “Columbus Day,” the holiday will now celebrate American Indian cultures and their contributions to the city. The resolution, which was sponsored by all seven members of the council, reads as follows:

“Declaring the second Monday in October as Indigenous Peoples Day in the City of Saint Paul; encouraging other institutions to recognize the Day; and reaffirming the City’s commitment to promote the well-being and growth of Saint Paul’s American Indian and Indigenous community.”

Director of Government Affairs Jamie Edwards represented the Mille Lacs Band at the meeting and read a letter from Chief Executive Melanie Benjamin:

“[Y]ou are coming together to say that rather than celebrating the person who is a symbol of genocide against the Native people, you stand with the Native people of this city, state and Nation who survived the genocide,” read Jamie. “You are taking a stand for justice, for compassion, and for respect for us, your Anishinaabe and Dakota neighbors and community members.”

The Mille Lacs Band has become an important player in the economy of the city with its purchase of two downtown hotels. Melanie’s letter acknowledged that relationship: “Ever since we purchased the Crowne Plaza and the Doubletree, we have felt extraordinarily welcomed by the City of St. Paul. Tonight, however, we feel even more pride in having partnered with the people of St. Paul. In passing this resolution, you are replacing a day that symbolizes colonization with a day that celebrates our history and culture, as well as our future. You are paving the way for other cities across the nation.”



Government Affairs Director Jamie Edwards read a letter from Chief Executive Melanie Benjamin at the Aug. 12 meeting of the St. Paul City Council.

Family and Frybread are Key Ingredients for a Successful Business

Toya Stewart Downey Staff Writer/Photographer

As the powwow season winds down, so too will Band member Kevin Schaaf's traveling restaurant, Kevin and Grams Frybread Diner.

Each year, beginning in February and going through September, Kevin and his team spend weekends traveling from powwow to powwow serving up a variety of frybread-inspired combinations. From frybread pizza pockets to frybread spam and cheese sandwiches to frybread-wrapped snacks like corn-dogs or cheese curds, the menu at the diner is all about the delicious doughy goodness.

"We make traditional frybread that doesn't call for yeast because yeast isn't traditional," said Kevin during a conversation at the 49th Annual Mille Lacs Traditional Powwow that was held Aug. 21-23. "We also fry it at a lower temperature so it rises."

The recipe came from Liz Wakanabo's grandma. Liz, a member of the Leech Lake Band, is Kevin's girlfriend and partner in the business — hence the name Kevin and Grams.

In 2013, the frybread was dubbed the "best frybread in Wisconsin," which was a coup considering that was the first year of the business.

During the powwow season the team's routine is the same — grocery shop on Mondays, cook and pack on Tuesdays and drive to the powwow location on Wednesdays. They spend Thursdays getting set up and then when it's time, they open the diner to the hordes of people who line up to purchase the traditional frybread and other delights.

"We buy 120-150 lbs. of burgers and about 200-300 lbs. of fries for each powwow and if we run out during the weekend, we go to the store to get more," he said. "Our best seller isn't fry bread, it's the cheese fries."

The couple also buys its ham and cheese from a vendor in Michigan, so sometimes when they run out, they have to wait until they can get more.

Though it's outside, the diner has a touch of style that is both inviting and welcoming. Decorative chandeliers hang over the tables that are set up for customers to enjoy their meals and protect them from the sun, or as in the case during the



"I'll never raise the prices because this isn't about us making a bunch of money. We're in this for the families and the people with kids who go to powwows," Kevin said.

Mille Lacs powwow, the wind and rain.

Exquisite beaded earrings are created and sold by one of the team members, Erik Johnson, who runs the front of the diner by taking orders, overseeing candy and beverage sales as well as answering questions about the menu.

"We need five people to make sure it runs smoothly, but we can do it with three people," Kevin said.

They rely on a core group of people, some of whom work part-time as well as their grandchildren, who help out when it's busy.

Liz works behind the scenes making sure the traveling kitchen is operating smoothly, while Kevin does most of his work on the front end and back end setting up and taking the diner down when they're done.

"I forget things and that's why I don't work in the back," said Kevin, who was diagnosed with multiple sclerosis 27 years ago. "Because of my MS, I forget things really easily and I could be in the middle of something and forget what I was doing. I get in the way when I'm back in the kitchen because of my forgetfulness."

When the powwow season ends, Kevin and his crew take a break from the business. Kevin spends the off-season months relaxing and recharging. This year he will also spend a lot of time with Liz's granddaughter, who the couple is raising.

They had expected to retire from the business in five years, but are now waiting until their granddaughter is done with high school. They will then pass the business along to their grandchildren.

Kevin grew up in northern Minnesota and currently resides in Mora. He learned about the frybread business when he worked with his uncle, Al Schaaf, during the mid-1990's.



He would volunteer in the summers and all the while learning tricks of the trade. He also worked with his mom, Nancy Arnous, who had a frybread stand. His mom passed away last year.

For many years Kevin worked as a painter. When he learned about his multiple sclerosis diagnosis and wasn't feeling well, he painted part time or sometimes not at all. He has also worked for a courier services as a driver and at one time had his own construction business.

His son, Kevin Jr., who is known by his nickname "Sport," works at the Mille Lacs casino and recently became a dad, making Kevin Sr. a grandfather — a role he's excited about.

Since they opened in 2013, the prices have remained the same and they will continue to remain the same starting at \$2 for a piece of frybread.

"I'll never raise the prices because this isn't about us making a bunch of money. We're in this for the families and the people with kids who go to powwows," Kevin said.

"We want families to have good food that they can afford and that's traditional," he added. "Our prices are this way so people can feed their whole family. If the prices are too high, you can't feed a family of eight."

Over the next few weeks Kevin and Grams Frybread Diner will be at the Cass Lake Powwow during the Labor Day weekend, at the Naytahwaush Harvest Festival and then will end the season at Sugar Point.

If they have leftover food, they will have a customer appreciation sale in Ball Club, which is six miles west of Deer River. Food will be sold at half price. Follow the diner on Facebook at KevinandGrams Frybread Diner.

Band Member-Owned Company Named to Inc. 5000

Room & Board Photographer

Red Circle, the advertising agency owned by Mille Lacs Band member Chad Germann, is on the rise.

Inc. magazine recently listed the company, headquartered in Minneapolis, on its 34th annual Inc. 5000, an exclusive ranking of the nation's fastest-growing private companies.

Red Circle works primarily with the hospitality industry, including many Native American casinos and tribal organizations. The company produces this monthly *Inaajimowin* newsletter for the Mille Lacs Band, among other services.

"We are incredibly proud to be among the companies in this exclusive list," Chad said.

"Since Red Circle began, we've focused on efficient, effective communication that truly speaks to its audiences. We

are happy to see these high standards recognized, and we are honored to serve the very real economic needs of our Native American clients."

Inc. magazine is a major publication dedicated exclusively to growing private companies and aims to deliver real solutions for today's innovative company builders. The publication won the National Magazine Award for General Excellence in both 2012 and 2014.

The Inc. list represents an important segment of the economy — America's independent entrepreneurs. Companies such as Yelp, Pandora, Timberland, Dell, Domino's Pizza, LinkedIn, Zillow, and many other well-known names gained early exposure as members of the Inc. 5000.





DISTRICT 1

49th Annual Traditional Powwow

Chad Germann Photographer

The 49th Annual Mille Lacs Band of Ojibwe Traditional Powwow was held on August 21-23 at the Izkigamizigan Powwow Grounds in District I. Grand Entries occurred at 7 p.m. Friday and Saturday and 1 p.m. Saturday and Sunday. Saturday morning also featured a horseshoe tournament, a parade, and a visit from Lieutenant Gov. Tina Smith, who was introduced to the dancers and audience by Chief Executive Melanie Benjamin. In spite of the cool temperatures, most of the events were held at the powwow grounds, but severe weather forced Saturday's Grand Entry to

the Grand Casino Events Center.

Princess and Brave contests followed each Grand Entry, with a crowning of royalty at 3 p.m. Sunday. The winners were Jr. Brave: Shawn St. John, Sr. Brave: Nolan Monroe Perkins, Jr. Princess: Mandaamin Grapp-Gahbow and Sr. Princess: Sierra Edwards.

Miigwech to everyone who made this event possible!



New Director Helps Minisinaakwaang Kick off School Year

Brett Larson Staff Writer/Photographer

Minisinaakwaang Leadership Academy (MLA) in District II got a jump on other local schools, starting classes on Monday, August 10.

The first day of school went well, according to Josh Mailhot, the new director of the school. Kids especially enjoyed the outdoor classrooms, which are wigwams built by Ojibwe Language Apprentices Branden Sargent and Winona Crazy Thunder-Lemon, with help from Russ and Deb Northrup.

Josh, who replaced former director Todd Lee, was raised in Brainerd, attended college at Bemidji State, got his Master's online at the University of Phoenix, and has worked in North Carolina, Onamia and Nay Ah Shing schools.

Teaching for five years in North Carolina was a challenge. "Moving from a state and a city that's predominantly Caucasian to a state that is much more diverse was a good experience for me. I had three classes of 37 kids each. The first class was all special education with full inclusion, and my special-ed teacher was from the Philippines and didn't speak English. I learned a lot about diversity and overcoming obstacles."

His year and a half at Nay Ah Shing was a nice change, with smaller class sizes and supportive colleagues. He also enjoyed the language-learning aspect of the job.

Most recently Josh was in Onamia for two years as the school improvement grant administrator. "It was a great learning experience, but tough at times, trying to convince people they needed to change their teaching to improve the school. We succeeded, though. The school is out of school improvement."

Josh brings a goal-oriented philosophy to his job. He hopes to earn his Ph.D. someday and to be a superintendent, professor and/or college president.

He has also set his sights high for MLA, at the prompting of the board, which is composed of Raina Killspotted, Amber Buckanaga, Laura Shingobe and Timothy Bishop.

In the short term, the board wants Josh to increase enrollment and offer sports — basketball, track, and even fishing, which the Minnesota State High School League has recently recognized as a sport.



Front: Business Manager Naomi Northrup, Board Member Amber Buckanaga, Administrative Assistant Whitney Thompson. Back: MLA Director Josh Mailhot.

In the long term, the board would like MLA to become a Bureau of Indian Education school with a full-immersion program.

Also new on staff this year are Business Manager Naomi Northrup and Administrative Assistant Whitney Thompson.

Another Year of Doing What They Love

Toya Stewart Downey Staff Writer **Brett Larson** Photographer

With the first weeks of school already behind them two of Nay Ah Shing's veteran teachers took time to talk about their long teaching careers, what excites them about being teachers and the best part of their jobs. For both women the anticipation of returning to the school they've taught at for over two decades and to the community of students they love was hard to contain. Next month the *Inaajimowin* will feature the stories of two other long-time teachers who have worked for the Band-operated school.

There are often stories about how a teacher inspired a student to take new challenges, to live boldly or to choose a career that they may have never thought to explore.

This is the case with Mary Schuh, a first grade teacher who began her career in a classroom in 1992. Her inspiration to become a teacher was her own elementary school teacher, Barbara Randalls. She had a deep admiration for Ms. Randalls and the two kept in touch beyond high school.

"She kept encouraging me to pursue higher education. I decided to go college when I was 24 years old. I love children and that is why I chose to become a teacher," said Mary, who taught for one year in Minneapolis at the Hans Christian Andersen School before coming to Nay Ah Shing in 1993.

Mary took a one year leave of absence in 2001 to teach at St. Cloud State University. She taught mathematics, language arts method courses and supervised student teachers during their student teaching experience.

For Marie Hendrickson the decision to become a teacher was easy — she liked being a student, enjoyed learning new things and believed that helping others learn would be very rewarding.

This year marks Marie's 25th year at Nay Ah Shing. She teaches second grade and said she was really excited for the school year to begin.

"I couldn't wait to see their smiling faces and get some long-awaited hugs," said Marie. "Over the summer break, I think about the kids a lot and I miss them."

Before coming to Nay Ah Shing, Marie worked in the Cambridge school system for a year.

"I love to see the spark in a child's eye when they finally get it," she said. "I also enjoy the Native American culture and language that is a part of each school day."

For Mary the best part of her job is impact she has on her students.

"The best thing about teaching is that I get to pass on my enthusiasm for learning and watching the excitement in my students' faces as they learn new things," she said.

Even though she's a veteran teacher with many years behind her, Marie said she is always excited about each new school year.



Mary Schuh and Marie Hendrickson

"Every group is different and unique with many different abilities, humor, and talents," said Marie. "I enjoy getting to know each of them personally."

Both women say that even though there are challenging times, such as dealing with difficult behaviors or helping students get caught up when they've been absent, the rewards are greater.

Shortly before the school year began Mary said she was excited to learn about her new students, their interests and their families. She also urged parents to make sure their children get enough rest and maintain a regularly scheduled bedtimes.

Marie advised that families should share in the excitement of being back in school.

"Support your child by helping with homework, showing interest in their school day, be positive role-models and get your child to school every day on time," she said. "My advice for students is to work hard, have fun, make friends, and be kind. I always say to my students 'work hard and then you can play hard too.'"

Mary is from the Te-Moak Tribe of Western Shoshone Indians. She was born in California. She served in the United States Air Force and during that time traveled to the Philippines, Korea, Japan, Texas, and South Dakota. She was honorably discharged from the Air Force and moved to Minnesota to attend St. Cloud State University.

She graduated with honors and received a Bachelor of Science degree majoring in Elementary Education. She received a Master of Arts Degree in Education and graduated with honors from Saint Mary's University. She has two children Paul and Lucas, a grandson named Joshua and is anxiously awaiting the birth of another grandson in September.

"I love spending time with my grandson and my grown children," said Mary. "I also like to travel home to visit family and friends."

One of the joys of teaching at Nay Ah Shing for 22 years is that Mary is now teaching students whose parents she had also taught.

"It is also wonderful to see many of the students I have taught working in their community," she said. "It is a great feeling to be greeted with a warm smile from a former student at the casino, clinic, school, or government center; it makes me feel like I am a part of this community."

Marie said she is "honored and thankful to work at Nay Ah Shing" and has enjoyed her long career at the school.

Marie was born and raised in Milaca. She still lives there with her husband of 25 years, Todd. The couple has one daughter, Chloe. The family loves to camp, fish, drive their rat rods, travel, be with friends, and spend time with extended family.

Marie graduated from St. Cloud State University in 1989 and took classes the following year for Special Education licenses. She also received a Master of Arts Degree in Education from Saint Mary's University.

A Zest for Life: The Condensed Story of Dale Greene

Brett Larson Staff Writer/Photographer

Dale Greene (Kaadaak) has a dim memory of a dark day for the Minisinaakwaang community. As a small boy, he was living on the shores of Rice Lake when he and the other Anishinaabeg were forced to move. It was the last in a long series of attempts by the U.S. government to get the Rice Lake Band to relocate. The government initially promised the Band a reservation in 1855, but the reservation was never platted.

In 1935, Rice Lake was declared a National Wildlife Refuge, and the Anishinaabe residents — Dale among them — were forced out. Some scattered to White Earth, Mille Lacs, Fond du Lac and Wisconsin communities, but five families moved to East Lake, where there was a small village and a railroad station. “There was a storekeeper in East Lake who let us stay in an old store,” Dale recalls.

Dale wasn’t there long. He came down with tuberculosis and spent five years in the hospital in St. Paul. After being home for less than a year, he had a relapse and was hospitalized again for three years.

Dale understands the loss of language and culture that so many of his contemporaries experienced when they were taken from their families and placed in boarding schools. He went to St. Paul speaking only Ojibwe and returned speaking only English.

“I lost everything there — my language, and my ability to love,” Dale says. “There was no treatment then, just fresh air and bed rest. The nurses and doctors were strictly professional. They couldn’t hold you or kiss you or touch you. You just suffered. I must’ve been pretty goddamned tough.”

Dale never knew his father, a white man from Wisconsin, and his mother died in 1943. After she passed away, Dale lived with his foster parents, Jack and Maggie Misquadace. “They tried to teach me, but I didn’t listen much in my younger days,” he says.

In spite of his illness, he did everything the others boys did — skiing, swimming, even boxing. And he got into his share of trouble. “I made a lot of mistakes,” he says. “I think everybody does, but you have to learn from them.”

As Dale grew into adulthood, he picked potatoes, cut wood and attended trade school. He eventually married Mary Pequet from Leech Lake and moved to the Twin Cities, where he worked at a variety of jobs in manufacturing.

He would spend weekends at East Lake, becoming more and more involved in Anishinaabe culture and politics. His “teacher,” Dale says, was George Aubid — a leader of the East Lake community.

Dale used to drive George around the state and listen to him talk about history and how tribal governments were violating



Dale Greene lives in McGregor, but he’s very involved in the Minisinaakwaang community.

the constitution and following the philosophy of the dominant culture. “They called us dissidents,” Dale says with a smile.

He finally came home to stay in the early 1970s. He got into the rice business, buying rice from Indian harvesters, then processing it and selling the finished product.

In 1998, he purchased Ralph Sandberg’s wild rice equipment and operated a rice finishing business for 15 years.

Dale is a grandfather and great-grandfather many times over. He speaks with pride of his son, Dale Jr., who inherited his father’s interest in history, politics, culture and law.

“I’m 82 years old, but I still have a zest for life,” Dale says. “I like to get out there and fight.”

Dale lives in McGregor but is active in the Minisinaakwaang community as a Drumkeeper, and he stays informed about current events, including the proposed Sandpiper pipeline that would run through the Rice Lake and Sandy Lake watersheds.

To Dale, it’s another in a long series of injustices perpetrated against the Indian people. He fears for the lakes and rivers if pipelines are built and mines established, just as he fears the loss of language, culture and traditions as young people are lured by smartphones and other features of the dominant society.

He says they’re learning “the white man’s philosophy — how to step on somebody and make a buck.”

“People don’t use their eyes and ears anymore,” he says. “All that education we get today, we had all that before there were schools — mathematics, science, history.”

He’s also sad that people in Native American communities

don’t socialize like they once did, and that relationships are not as strong. “When someone came to visit, they rolled out the red carpet. In the old days, a handshake was deep. It really meant a lot. Today it’s just a gesture. There’s no feeling behind it.”

Dale’s Indian name is Kaadaak, which means “root.” He was given the name by an old medicine lady from Mille Lacs. It’s a good name for a man whose roots stayed strong in spite of the challenges he faced.

“My story reflects what a lot of Ojibwe went through. When I got out of the hospital, I had a hard time. If someone tried to hug me I’d push them away. I was like that until I was 35 years old.”

He says his children knew he loved them, but there were few hugs and kisses. His grandchildren helped him learn to show affection.

Dale fears that today’s youth are also suffering from a lack of nurturing and love, which shows up as disrespect and risk-taking behavior.

Dale believes there’s hope for today’s youth, just like there was for him, but they need to remember what’s important. “Our culture helps us overcome mistakes,” he says. “We were given this body, and we have to take care of it, because it’s the house for our soul.”

Throughout his painful childhood, one thing remained constant. “I always knew I was an Indian,” Dale says. “I just knew I belonged in the Indian culture. I knew they loved me, and I loved them. They didn’t take that away from me.”

“My story reflects what a lot of Ojibwe went through.”
— Dale Greene

Benefits of Eating an Apple a Day!

Apples are the craze during the fall season.

You have the classic red, Granny Smith, Gala, Golden, and more. Take advantage of this fruit because there are some delicious and healthy benefits it has to offer.

Best Health Magazine and MSN have reported that the benefits of eating an apple a day are positive for your health. Apples are packed with vitamins, iron, calcium, and potassium, decreasing your chances of asthma, diabetes, and Parkinson’s.

Experts suggest that you eat the peel of the apple as well. With regular exercise, it

will increase muscle tone and slim your waistline. The peel has ursolic acid, which helps balance your cholesterol and blood sugar level. Other fruits that have this beneficial acid include cranberries and prunes.

Apples are packed with fiber, which help you lose weight. One apple only has about 100 calories, all of which will keep you satisfied longer and away from those other unwanted calories. Although apples are delicious plain, they are great with peanut butter or paired with some light cheese.

Healthy Food, Healthy People

Gardens, greenhouses cropping up in all three districts

Brett Larson Staff Writer/Photographer



The gardening team (L-R): Lalita Merrill, Kevin Pawlitschek, Nick Benjamin, Lisa Benjamin, and Donovan Nickaboine.

A movement toward local and healthy food is spreading quickly across the country. Farmers' markets are nearly as common as supermarkets — and supermarkets are increasing their offerings in organic and whole foods.

Mille Lacs Band members and Band employees are part of this trend.

Kevin Pawlitschek is a Band member who became interested in gardening as a child and is now charged with bringing community gardens and greenhouses to all three districts.

After a career in the gaming industry, Kevin moved to the Mille Lacs area, where he's been working in the Band's food distribution program for the last four years.

The Food Distribution Program on Indian Reservations (FDPIR) is a Federal program that provides food to low-income households living on or near Indian reservations.

The Band's food distribution program is managed by the Community Support Services (CSS) Department, a branch of Health and Human Services.

Kristian Theisz, the director of CSS, recognized Kevin's green thumb, and the two have quickly turned dreams into reality. "The commodities program doesn't always have the healthiest choices," Kristian said. "We've taken the initiative to move into food production in order to provide organic, locally-grown items."

Kevin believes that poor nutrition contributes to many problems people face in life. "We need foods that are high in nutrients and vitamins to keep our brains and bodies functioning at their highest level," he said. "Eating fresh, local food is one of the best things you can do for your overall health."

Kristian also pointed out that Deb Foye, the Food Services Coordinator at Nay Ah Shing, has the gardening bug. Teachers are using her extensive garden to teach students about health and food production.

Also instrumental in the projects is Gordon Sam, who learned gardening while working for the DNR under Leonard Sam. "I like being outside," said Gordon. "I'm not ready for an office job."

Roads Supervisor Tony Pike and his crew have also helped out with free use of mowers, Bobcat and post pounders.



Gordon Sam helped to frame up the District I greenhouse.

This spring, Gordon and Kevin started plants in a greenhouse near the commodities building and transplanted them to outdoor gardens and the fields on Sodbusters Road, where Leonard's gardens used to be. Gordon and Kevin have also set up a greenhouse at the Sodbusters site to start more plants next spring.

In District II, a garden has been developed at the Assisted Living Unit, and a greenhouse is under construction. Lisa Benjamin has been tending the gardens, and she's loving the work.

In District III, the team is experimenting with "aquaponics" — a combination of "aquaculture" (raising fish) and "hydroponics" (growing vegetables directly in water).

Kristian and Kevin visited an aquaponics program in Milwaukee, and they are hoping to send staff members, including Gordon, for training. They also hope to construct a new garden and greenhouse in the Aazhoomog area.

Other Band departments are also considering programs to provide Band members with healthy food and satisfying jobs in the great outdoors. Stay tuned to Inaajimowin and millelacs-band.com for more news about agriculture and gardening as Band members' visions take shape.

Community Support Services

Brett Larson Staff Writer/Photographer



Community Support Services is one of five sub-departments of the Band's Health and Human Services Department. The others are Family Services, Medical Services, Public Health and Behavioral Health.

CSS is in turn divided into several programs, including Emergency Services (administered by Coleen Lueck), Elder Services (Denise Sargent), and Family Violence Prevention (Elaine Sam).

Kristian Theisz is the director of CSS. He hails from the Black Hills area and moved to Minnesota in 2001. After working with Indian tribes and programs in the Twin Cities, he came to Mille Lacs in 2013.

Kristian says that if Band members don't know where to turn for help, his department is always willing to take their phone calls and point them in the right direction. "No need is too big, and no need is too small," he said. "We can't solve everything, but we can make some suggestions and offer immediate help to get someone through a crisis."

CSS has a "strengths-based" philosophy that helps Band members take control of their situation. "Social work has often involved the worker doing the work or telling the client what needs to be done," said Kristian. "We want to hear the voice and choice of the family and see what they think is best for them."

To contact Community Support Services, use the following numbers:

- Kristian Theisz, Director of Community Support Services: 320-532-7539
- Bev Sutton, Administrative Assistant: 320-532-7494
- Elder Services Program: Denise Sargent, Elder Services Coordinator: Toll-free: 800-709-6445, ext. 7854 Direct: 320-532-7854
- Family Violence Prevention Program (FVPP): Elaine Sam/Medwegaanoonan, FVPP Administrator: 320-532-7793 (c), 320-630-2449
- Emergency Services/Food Distribution/Food Shelf/FDPIR Nutrition Education/Greenhouse: Coleen Lueck, Interim Coordinator: 320-532-7880, ext. 223.

Correction

Last month's Inaajimowin included a story that abbreviated the Ojibwe term "minobimaadiziwin," which means "good way of life." The word has been used for the name of the old Budget Host Hotel in District I. We have been informed that the abbreviation was inappropriate, and we regret the error.

Interested in submitting to the *Inaajimowin*?

Send your submissions and birthday announcements to Mick Sawinski at mick@redcircleagency.com or call 612-465-8018.

The October issue deadline is September 15.

Anishinaabeg Gather to Remember Sandy Lake Tragedy

Brett Larson Staff Writer/Photographer

Nearly 300 Anishinaabeg from around the Great Lakes region came to Sandy Lake on July 29 to remember the 400 men, women and children who passed away in the Sandy Lake Tragedy of 1850.

The Great Lakes Indian Fish and Wildlife Commission (GLIFWC) hosted the annual memorial ceremony.

The event began with a pipe ceremony and talking circle at the boat landing on the northeast shore of the lake. GLIFWC Chair and Lac Courte Oreilles Tribal Chairman Mic Isham welcomed participants and thanked the Sandy Lake Ojibwe, represented by Sandy Skinaway, for welcoming them to their home.

Each year, canoeists paddle from the landing to the Mikwendaagoziwag ('They Are Remembered') monument at the northwest corner of the lake — but this year "nature had other plans," in the words of one young canoeist who was pulled from the water by a GLIFWC conservation officer.

Of the dozen canoes and kayaks that set out, only one made it across the lake. The rest either tipped, sank or turned back in the teeth of a 25-mph wind and 40-mph gusts that whipped up whitecaps and dangerous waves. GLIFWC officers in three boats pulled paddlers from the water and towed canoes back to the landing.

The intrepid canoeists who completed the journey were Neil Kmiecek, GLIFWC's Biological Services Director, and Booj LaBarge from Lac Du Flambeau. They crept along the north shore, staying out of the biggest waves, and pulled in at the landing two hours later at 12:30 p.m.

Prior to the feast, E=lder Fred Kelly of Kabapikotawangag (Lake of the Woods) sang an ancestral song. Following the feast, the large crowd gathered in the shade of the pines by the Sandy Lake dam for a pipe ceremony, a water ceremony, and brief speeches by tribal leaders, including Isham, Chris McGeshick of Sokaogan, Mike Wiggins of Bad River, Jim Williams of Lac Vieux Desert and Eric Chapman of Lac Du Flambeau.

Fred Kelly and Carmen Butler shared stories, and Winona LaDuke urged all the Anishinaabe bands to work together to oppose a proposed oil pipeline that would cross the Sandy Lake watershed and bring oil to the shore of Lake Superior.



David 'Niib' Aubid gave the invocation at the ceremonies.

Many Mille Lacs Band members attended the event, including Secretary/Treasurer Carolyn Beaulieu and District II Rep. David 'Niib' Aubid, who gave the invocation.

For information on the Sandy Lake Tragedy, see below.



Neil Kmiecek, GLIFWC's Biological Services Director, and Booj LaBarge from Lac Du Flambeau were the only ones to complete the canoe journey across Big Sandy Lake, facing winds that exceeded 25 miles per hour.



The Sandy Lake Tragedy

From the Mikwendaagoziwag memorial at Sandy Lake

The Memorial on this glacial mound remembers about 400 Ojibwe Indians who died and thousands of others who suffered during what is known as the Sandy Lake Tragedy. Constructed by Ojibwe Tribes from Minnesota, Wisconsin and Michigan, the Memorial was completed in 2001. It is a sacred remembrance of the many sufferings endured to preserve the Ojibwe's homelands and way of life. Mikwendaagoziwag means "we remember them" in the Ojibwe language. At least 400 grandfather stones are embedded in the Memorial to represent those who died.

The tragedy unfolded when U.S. government officials attempted to illegally relocate a number of Ojibwe Bands from their homes in Wisconsin and Upper Michigan to northern Minnesota. In late autumn of 1850, thousands of Ojibwes had assembled at Sandy Lake for their annual treaty annuity payments. As the Ojibwe waited nearly six weeks for the payments, they suffered from illness, hunger and exposure. Many died from dysentery and measles. The promised annuities were never fully paid, and after the last of the meager provisions were distributed on December 2, the Ojibwe began an arduous journey home. Harsh winter conditions had already set in, and many more died along the way.

The outer circle of plaques on the Memorial commemorates the 19 Ojibwe Bands whose treaty annuities were to be paid at Sandy Lake in 1850. Today, these 19 Bands are succeeded by the 12 federally-recognized Ojibwe Tribes who built this Memorial and are commemorated by the inner circle of plaques.



DISTRICT 1

Vet Clinic Coming to District I

Veterinarians are coming to District I on Nov. 14 and 15 to spay, neuter, vaccinate and register dogs and cats free of charge, thanks to efforts by the Public Safety Department and the Student Initiative for Reservation Veterinary Services (SIRVS).

On Saturday, Nov. 14, veterinarians will spay and neuter up to 18 dogs and cats. These will be pre-scheduled appointments only. All of these animals will also receive full physical examinations and vaccinations, and the dogs will be tested for heartworm disease if they are over six months of age.

Owners with female pets will need to arrive at 8 a.m. for check in, and owners with male pets at 8:45 a.m. Pet owners will be called when their animals are done with surgery. They usually go home anywhere from mid-afternoon into the evening.

On Sunday, Nov. 15, SIRVS staff will give physical examinations, vaccines, de-worming and heartworm tests from 8 a.m. until 1 p.m. on a first come, first served basis.

The Public Safety Department and SIRVS are planning to host clinics in Districts II and III in the future.

Those who are interested in having their dog or cat spayed or neutered should sign up with District I Community Center Administrator Megan Ballinger.



The Public Safety Department has arranged free vet services to deal with the problem of unvaccinated and unregistered dogs and cats.

About SIRVS

Founded in 2009 by U of M College of Veterinary Medicine students, SIRVS has a mission to train future veterinarians by serving communities in need.

SIRVS is a non-profit student group from the University of Minnesota College of Veterinary Medicine. The group provides

free veterinary wellness and surgical services to rural communities in Minnesota.

The group's first trip was in August 2009, when they provided vaccinations, de-wormings and essential health care to about 75 animals on the Leech Lake Reservation. Their second trip in November 2009 added spay/neuter services, and they helped almost 300 animals on the White Earth Reservation. Since then, they have expanded to host about five different clinics each year,

alternating the communities they visit.

Currently, the group works with the White Earth, Lower Sioux and Leech Lake Communities. This will be their first clinic in the Mille Lacs Community. By providing these clinics each year, they are able to help numerous animals and help to educate owners about better care practices for their animals.

Cancer Awareness and Risk Factors

Donna Sutton RN

The American Indian Cancer Foundation (AICAF) is a "national, native-governed, health organization dedicated to eliminating the cancer burdens on American Indian families through education, prevention, early detection, treatment and survivor support."

According to the foundation, smoking is the leading cause of death among Native Americans, with lung cancer being the leading cause of cancer deaths. Colon cancer rates are 40 percent higher than those of the general population. Historically, native women have a much lower mammogram screening rate.

All of these statistics support the fact that more cancer education is needed. Some cancers are preventable and result from behavior and lifestyle choices. Learning about the causes of cancer may motivate people to make healthy changes, particularly if a family member or friend who has had cancer. For example, lack of physical activity and poor diet contribute to America's obesity epidemic. Obesity has been linked to increased rates of breast, endometrial, colon and kidney cancers. Another classic example is smoking and chewing tobacco, which can be linked to increased rates of lung cancer and cancers of the mouth and throat. Lifestyle changes are accomplished by taking small steps.

Cancer prevention can be summed up in the following 7 steps:

1. Keep tobacco sacred and don't smoke or chew commercial tobacco.
2. Protect your skin from the sun's damaging ultra-violet rays by wearing sunscreen and avoiding exposure during the summer midday hours.

3. Eat a healthy diet, including plenty of raw fruits and veggies along with whole foods — those you cook yourself rather than food that is processed which contains multiple ingredients you cannot pronounce.
4. Maintain a healthy weight and be active throughout the day.
5. Avoid risky behaviors and unsafe sexual practices.
6. Get immunized to protect yourself from human papilloma virus (HPV), human immunodeficiency virus (HIV) and hepatitis, which is inflammation of the liver. All of these things can develop into certain cancers.
7. Know your family history and get screened.

Early detection is particularly important in rural areas where lack of transportation and lack of timely appointments are serious obstacles to obtaining quality medical care. Many cancers are very treatable and the survival rates are high if the cancer is detected in an early stage and before it has spread to another organ or tissue.

With a cancer diagnosis, it is important to know what the treatment options are and to ask questions of the health care team. Taking a friend or family member along to appointments is a useful practice. They can help you absorb the information that is provided, they can speak up for you, can they can help you remember the questions you wanted to ask.

Survivor support is critical. Complying with the doctor's follow-up recommendations may mean the difference of whether your cancer returns or stays in remission. Either way, it is important to remember that you are in charge of your body — for good or for bad.

Response Team Works to End Truancy

Brett Larson Staff Writer

Commissioner of Education Suzanne Wise is encouraging families to make sure their children are attending school and arriving on time. Her staff has been working with family services, tribal court and local schools to create a Truancy Response Team to address the issue of truancy.

After a series of meetings, the Band hired a truancy social worker and a community liaison at Nay Ah Shing. Local schools are also working with the Band to reduce absenteeism.

"We have made a lot of strides, but there is still more to be done," Suzanne said. "All parents want their students to do well, but if our students aren't in school, they aren't learning."

Court Administrator Gilda Burr said the Tribal Court became part of the Truancy Response Team based on direction from Suzanne. The Team has been researching models and will be making a recommendation to commissioners.

"From the court's point of view, truancy is a major problem facing Mille Lacs Band children, which may indicate signs of issues within the home, and that services may be needed," said Gilda. "The ideal is to help address those services before it becomes a neglect issue, since there is a strong correlation between truancy and criminal activity."

Thus far there have been 23 court cases filed involving families in District I.

"If we, the Mille Lacs Band, do not address this problem now our children are at greater risk for welfare dependency and potentially a life of criminal activity," Gilda added. "To ensure the continued success of the Band it is imperative that our children, the next generation of leaders, be well educated."

Pine County Joins CodeRED Service

Pine County has instituted a new rapid emergency notification service called CodeRED, allowing Band members in the Hinckley and Lake Lena areas to take advantage of the service.

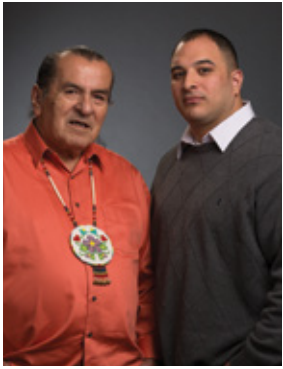
The new system will distribute emergency messages via telephone to targeted areas or the entire county at a rate of up to 1,000 calls per minute.

CodeRED is an emergency notification service that allows emergency officials to notify residents and businesses by telephone, cell phone, text message, email and social media regarding time-sensitive general and emergency notifications. Only authorized officials have access to the CodeRED system. It will only be used in emergencies to notify citizens of missing persons, hazardous materials releases, boil water advisories, evacuations, etc.

To sign up, visit: <http://bit.ly/1JkBDjV>.

- If you live in Mille Lacs County, use the following link: <http://bit.ly/1E7911R>
- If you live in Aitkin County, use the following link: <http://bit.ly/1Jt5eh7>

If you live elsewhere but work in a CodeRED county, you can enter your work address.



Aabaakawizig Snap Out of It

Lee Staples Gaa-Anishinaabemod Obizaan **Chato Gonzalez** Gaa-Anishinaabewibii’ang Ombishkebines

Mii dash noongom waa-ni-dazhindamaan, noomaya omaa nigii-pi-wiindamaagoo gii-panaajichiged awiya iwidi endazhi-midewi’iweng Misi-zaaga’iganiing. Mii i’iw gaa-izhichigewaad, ogii-piigwa’aanaawaan iniw ishkwandeman imaa eyaamagakin niizh iniw waakaa’iganan eyaamagakin iwidi. Mii dash gaye i’iwapii gii-kimoodiwaad iniw anooj aabajichiganan ayaabadakin wii-nanaa’itood awiya gegoo.

This is what I am going to talk about: I was recently told that someone had destroyed property at the Mide grounds here in Mille Lacs. What they did, they broke down the doors to the two buildings we have out there on the grounds. They also stole tools from one of the buildings.

Gii-naniizaanichigewag ingiw gaa-izhichigejig i’iw. Mii imaa wenjida imaa ayaawaad ingiw Manidoog endazhi-midewid a’aw Anishinaabe. Ishke ingiw Manidoog geget oganawendaanaawaa imaa endanakamigizid a’aw Anishinaabe ani-manidooked. Ishke mii imaa wenjida gikendaagwak ezhi-ayaangwaamitoowaad ingiw Manidoog ganawendamowaad imaa endazhi-midewid a’aw Anishinaabe. Ishke mii-ko enindwaa ingiw ba-midewijig, “Weweni ganawendamok imaa endanakamigizing. Gego anooj apagidookegon imaa mitakamig i’iw ge-gii-apagidooyegiban endazhi-apagiji-ziigwebinigeng. Ishke ingiw Manidoog weweni oganawendaanaawaa endazhi-midewid a’aw Anishinaabe. Ishke dash ingiw Binesiwag waabandamowaad weweni ani-ganawenjigaadesinok wenda-wiinakamigaag endazhi-midewid, mii imaa bi-ziiga’andamowaad i’iw aki aana-wii-piinitowaad.”

This was a dangerous act committed by those responsible. These grounds are sacred. The Manidoog are present on these grounds, especially when the Mide Lodge is in session. The Manidoog keep a close eye on our sacred grounds. The following teaching points out how closely those Manidoog take of these grounds. Those that attend the Mide Lodge are told, “Take good care of these Mide grounds. Do not litter the grounds. When the Manidoog see the grounds trashed, the Thunder-beings come by, and it rains. What those Manidoog are trying to do is clean the grounds.”

Ishke dash mii imaa ani-waabanjigaadeg i’iw weweni ezhi-ganawendamowaad ingiw Manidoog imaa endazhi-manidooked a’aw Anishinaabe. Ishke dash booch ingiw Manidoog ogii-waabamaawaadogenan iniw gaa-pi-inigaatoonijin imaa endazhi-manidooked a’aw Anishinaabe.

This shows how closely the Manidoog watch over these grounds. I am sure the Manidoog saw the ones who were doing damage in the area.

Booch a’aw Anishinaabe ani-maazhichiged obi-azheshkaagon i’iw majayi’ii. Mii-go dibishkoo ani-minochiged awiya ani-mino-doodawaad owiiji-bimaadiziiman, mii gaye i’iw ge-bi-azheshkaamagadinig ani-giige’idizod naa-go gaye inow odinawemaaganan. When Anishinaabe does wrong it usually comes back on them. The same goes for when you do something good for your fellow human being. This also comes back to you in ways to benefit you and your relatives.

Mii gaye ge-ni-ganawaabandamang, giinawind anishinaabewiyang gidoodaadizomin. Ishke ayaamagad i’iw akeyaa ezhi-gikinoo’amawind a’aw abinoojiinh da-ni-maminaajitood gakina gegoo eyaamagak omaa akiing wenjida gaye owiiji-bimaadiziiman. Ishke nebowa a’aw Anishinaabe gaawiin i’iw akeyaa geyaabi odizhi-gikinoo’amawaasiin inow oniijaanisan. Gaawiin onjida gigii-miinigoowizisiimin i’iw akeyaa da-ni-izhichigeyang. Gaawiin gidaa-bizindawaasiwaanaan a’aw wayaabishkiiwed da-ni-aanawendamang gaa-izhi-miinigoowiziyang anishinaabewiyang.

What we need to look at is that we as Anishinaabe are doing this to ourselves. There are teachings that we have been given that encourage our children to have respect for everything on this earth and their fellow human beings. What is happening now, our Anishinaabe are no longer teaching their children this way. There is a reason we have been given these teachings. We have to quit listening to the white man discounting our teachings as Anishinaabe.

Ishke gaa-igooyaan niin gii-kwiiwizensiwiyaan, “Ani-mamoosiwan i’iw anooj i’iw akeyaa gaa-izhi-gikinoo’amaagooyan, gegapii-go gaawiin gegoo giga-ni-manaajitoosin wawaaj igo giwiji-bimaadiziim.”

What was said to me when I was a little boy, “If you do not embrace the teachings that we have been given, in time you will have no respect for anything in this life, including your fellow human being.”

Eshkam giga-ni-biingeyendaamin da-ni-noondamang naa-go gaye da-ni-waabandamang eni-izhiwebak. Ishke moozhag noongom ginoondaamin weshki-bimaadizid ani-maazhi-doodawaad gechi-aya’aawinijin wawaaj igo akawaandawaanaad. Mii-go gaye ani-noondamang noongom wawaaj igo nisaawaad odabinoojiyensimiwaan anooj i’iw meshkawaamagadinig ani-aayaabajitoowaad megwaa maa gigishkawaawaad oniijaanisensiwaan ingiw ikwewag. Geget nebowa mayaanaadak ani-izhiwebadini a’aw Anishinaabe endanakiid. Aaniin danaa apii ge-goshkoziyang ani-aabaakawiziyang da-ni-moonendamang eni-izhiwebak ani-bagijwebinamang gaa-izhi-gikinoo’amaagoowiziyang da-ni-bimiwidooyang bimaadiziyang anishinaabewiyang.

More and more we will be stunned and bewildered by what we hear or see is happening in our community. More frequently we hear about our young people harming our Elders and some are even going to the extent of raping them. We are also hearing of how pregnant women are killing their children through the use of drugs. There is a lot of bad things that is happening in our communities. When are we going to wake up and realize all the bad things that are occurring as a result of us abandoning our teachings and leaving them on the wayside as Anishinaabe?



Gidinwewininaan

Baabiitaw Boyd Gaa-ozhibii’ang



This month’s article is about what is happening at Anishinaabe-izhitwaawin Immersion Grounds located central to all of the Mille Lacs Band’s districts in Rutledge, MN. — Gaa-izhid a’aw Amik

Mii zhi gwaa ashi-naano-biboon ayaamagak o’ow Anishinaabe-izhitwaawin gabeshiwin. Wenda-apiitendaagwad o’o gaa-ozhichigaadeg o’o gabeshiwin. Mii omaa ge-bi-onji-

izhaawaapan anooji wenjibaajig. Mii omaa ge-dazhi-dazhiikamowaad anooj gaa-miinigod a’aw Anishinaabe.

Mii omaa gaa-onji-ozhichigaadeg mewinzhaa o’ow gabeshiwining da-gikinoo’amawind a’aw oshki-anishinaabe akeyaa gaa-izhichigewaad mewinzha. Gii-kii’ikoshimowaad ingiw Anishinaabeg miinawaa gaye manoominikewaad ozhitoowaad ayaabajichagaadegin aya’aa baawaiganaakoog,gaandikii’iganaakoog naa anooj ayaabajizhigaadegin maa manoominikeng miinawaa gaye

iskigamizigeng. Mii o’ow enikamagak omaa gabeshiwiwing miinawaa inow ogiigidoowinan debendaakwakin imaa asemaakeng da-gikinoo’amawindwaa dazhiikigaadeg omaa ani-anokiiwaad omaa gaye. Ayaamagadoon igaye iniw waakaa’igaansan ge-dazhi-gabeshiwaad. Mii imaa da-ayaawaad besho gakina awiya gikinoo’amaaganag. Gaawiin memwech daa-gaagiwesiiwag. Da-ondiziwag ani-gikinoo’amawindwaa imaa. Ambe! Omaa bi-izhaag omaa Anishinaabe-izhitwaawin gabeshiwining!! Mii iw!

New Director Brings Unique Perspective

Brett Larson Staff Writer/Photographer

Matt Roberson, the Executive Director of the Department of Athletic Regulation, has been impressed with the Mille Lacs Reservation and its boxing program since he first visited several years ago. When former Executive Director Jim Erickson resigned, Matt wanted to be a part of it.

"I had been up here a couple times, and I really fell in love with the vision and commitment they have," said Matt. "Not just the Department, but every aspect of the reservation."

Matt hails from Andarko, Oklahoma, and is a member of the Keechi Band of the Wichita and Affiliated Tribes.

He's been interested in boxing and other combative sports since he was a kid, when he watched Mike Tyson's title bouts and George Foreman's comeback. Matt was a wrestler in high school, which gave him an interest in mixed martial arts (MMA). "It's always been a passion so when our tribe decided to form a commission instead of compacting with the state, I jumped at the chance," said Matt.

Matt ran the Wichita Tribes Sports Commission for five years, dealing primarily with MMA. "Boxing's not nearly as big, which is one of the reasons I was interested in coming here," he said. "Minnesota is like the Mecca of boxing. We've seen a decline nationwide, but Minnesota has stayed at the top and consistently maintained great talent."

The Department of Athletic Regulation is governed by a commission whose current members are Wallace St. John (Chair), Darrell Shingobe (Vice Chair), Donald Graves (Secretary), Billy Jo Boyd and Percy Benjamin. Darrell has known Matt for years and is thrilled to have him on board. "I'm proud that we got this guy," said Darrell. "We work well together, and we're all busting our butts."

The Department licenses combatants, trainers, managers, matchmakers, ringside physicians and officials.

"The Athletic Commission's role is to regulate and sanction combative sports," said Matt. "What we want to do is look out for safety of the casino and Band members, as well as the fighters, to make sure there are fair and ethical contracts."

The Department is a member of the national Association of Boxing Commissions (ABC). Matt is very familiar with the ABC, having served as Vice Chair of its Tribal Advisory Committee.

The Department also helps other tribes regulate events or set up their own athletic commissions.

"Only about 20 tribes have their own athletic commissions," said Matt. "A lot of tribes have been taken advantage of by unscrupulous promoters. We want to educate them and



Matt represented the Department of Athletic Regulation at the National Congress of American Indians conference in St. Paul in June.

show them their options."

Matt is committed to helping tribes regulate their own affairs, but he's also excited about the impact of sports on young people. "Recreational leagues for young adults help lower substance abuse rates, lower diabetes rates, and decrease heart disease," Matt said. "And having positive role models helps younger kids who are growing up and watching them."

Matt has been impressed by the Mille Lacs Band, and he's happy to be working for the tribe. "I have just been absolutely blown away by the level of cultural education and social services that the Mille Lacs Band provides its members," he said.

"It's outstanding. A lot of people are probably used to it, but coming from a tribe without as many resources, it's impressive — the language programs, community meetings, the outreach. Where I come from, six tribes together don't have those resources and capabilities."

The Department of Athletic Regulation most sponsored the Legacy Fighting Championships July 17 in Hinckley. The event was nationally televised on AXS TV. On August 28, a boxing event was held in Hinckley with a headline bout between Phil Williams and Al Sands.

Newborn Screening Saves Babies, One Foot at a Time

For new parents, nothing is more exciting than being able to take their brand-new baby boy or girl home from the hospital for the first time. And, nothing is more devastating than learning a few months, or years, down the road that a child has a terrible disease that could have been treated had newborn screening taken place before the baby left the hospital.

When parents have the necessary information about newborn screening, the chances of it being done properly and effectively by healthcare workers increases substantially. Education empowers parents to stand up and be the best advocates for their children.

The Purpose of Newborn Screening

There are a number of potentially devastating diseases that can be present in a newborn but hidden at the time of birth. These diseases, if undetected by newborn screening, have the potential to cause medical problems as the baby grows, and severely alter a life that could have otherwise been normal.

According to a 2005 report from the American College of Medical Genetics (ACMG), there is a minimum of 30 conditions that should be included in the core screening. Minnesota is a national leader in newborn screening. The Newborn Screening Program, together with hospitals, laboratories, and medical professionals across the state, screens newborns for more than 50 disorders that affect metabolism, hormones, the immune system, blood, breathing, digestion, hearing, or the heart.

The Screening Process

As far as babies are concerned, the newborn screening process is very simple. A healthcare worker simply draws a few drops of blood by pricking the infant's heel, usually within 24 to 48 hours of birth. That blood is then sent off to a certified newborn screening lab, which analyzes it for a number of disorders including metabolic disorders, hormonal issues, blood disorders, and more. Amazingly, these high-tech labs need only a small

sample from an infant in order to run their tests. In addition to the blood tests, Minnesota requires a screen for hearing loss before the baby leaves the hospital. Hearing issues can be isolated, just affecting the ears, or they can be part of more complex conditions.

No Reason Not to Screen

Newborn screening can quite literally save a child's life, so it is strongly encouraged. The procedure is very simple and takes only a moment of time to get the blood sample. As far as your baby's discomfort is concerned, the simple prick of his or her heel is minor in comparison to the lifelong suffering that might be endured if one of these rare diseases is indeed present.

If you are the parents of a baby on the way, you're encouraged to find out all you can about newborn screening. Find information at savebabies.org.

Source: savebabies.org/#sthash.4c3TXfln.dpuf

TRIBAL NOTEBOARD

Happy September Birthday to Mille Lacs Band Elders!

Joe Anderson Jr.
Cynthia Mae Benjamin
Dennis Wayne Benjamin
Joyce Marie Benjamin
Joanne Frances Boyd
Rose Marie Bugg
James Douglas Colsrud
Keith Edward Dahlberg
Roger Dorr
Raymond Allen Eubanks
Lloyd Dale Evans
Shirley Ann Evans
Lorena Joy Gahbow
Joseph Garbow Wm.
Mary Rose Garbow
Ricky Joe Garbow
Roger Duane Garbow
Bernice Bea Gardner
Lisa Celeste Griffin
Loretta Lea Hansen
Carol Anne Hernandez
Bernida Mae Humetewa
Donna Lianne Iverson
Kathleen Lorena Johnson
Beverly Marie Jones
Marlan Wayne Lucas
Rueben Dale Merrill
James Michael Mitchell
Carol Jean Mojica

Jacqueline Jean Moltaji
Elmer Eugene Nayquonabe
Joseph Leonard Nayquonabe
DeWayne Michael Pike
Alan Ray Premo
Patrick James Provo
Jane Yvonne Rea Bruce
Carol Ann Sam
Darlene Joyce Sam
Karen Louise Sam
Kevin Duane Schaaf
Janice Arlene StandingCloud
Charles W. Sutton
Judie Erma Thomas
Julie Erna Thomas
Marty Russell Thomas
Russell Harvey Thomas
Arne Vainio Jr.
Leonard Wayne Weyaus
Richard James Weyaus
Bonita Diane White
Donald Ray Williams
Dale Barnet Wind
Micheal Francis Anthony Wind

Happy September Birthdays:

Happy birthday **Dad** on 9/3, love Kevin. • Happy birthday **Destanie Anderson** on 9/3 with lots of love from your son Carter, Mom, Shyla, Caden, Jordan, Uncle, Papa, Dilly Bar,

Bella, and Gramma Gina. • Happy birthday **Simon Daniel** on 9/5 with love from Auntie Rae, Uncle Joe, Simone, Donny, Sheila, Joey, Auntie Mary, Selena, Dante, Maysun, Shawsha, and Daymon. • Happy 8th birthday **Sy Monster** on 9/6 with lots of love from Auntie Danielle, Uncle Gabe, Gramma, Dad, Benny, Joshy, Caddy, LoLo, and Freddie! • Happy birthday **Charlotte** on 9/9, love the Harrington family. • Happy birthday **Selena Marie** on 9/10 with love from Mom, Dante, Maysun, Shawsha, Soul, Daymon, Auntie Rae, Uncle Joe, Simone, Donny, Joey, Sheila, Baby Si, grama Vera, Frankie, Stone, Derek, DeaLayna, Zion, and Brynlee. • Happy birthday **Christopher Howard Shingobe** on 9/11 from Great-Grandpa David Smith and Great-Grandma June Smith. • Happy birthday **Levi Dean** on 9/14, love Mom, Dad, Cedaz, Levin, Jodi, Wade, Penny & Baby AveS, Erica & Maria, Sheldon, Sean, Grant & Rico, Kc, Hayde, N your We’eh Cayl. • Happy 8th birthday **Kenny**

Wayne III on 9/14 with lots of love from Mommy, Gabe Dad, Gramma, Joshy, Caddy, LoLo, and Freddie Boo! • Happy birthday **Soul Son** on 9/15 with love from Mom, Selena, Dante, Maysun, Shawsha, Daymon, Auntie Rae, Uncle Joe, Simone, Donny, Joey, Sheila, and Baby Si. • Happy birthday **Brad** on 9/17, love your brothers and sissys. • Happy birthday **Dad** on 9/17, love Braelyn, Payton, Eric, Wesley, Waase, Brynley, and Bianca. • Happy birthday **Janie Miller** on 9/19. • I want to wish my lil sis **Stacy Benjamin-Reynolds** a happy, happy birthday on 9/24, with much love, Monica. • Happy birthday **Nadine** on 9/28, love the Harrington family. • Happy birthday **Tracy** on 9/29, love the Harrington family. • Happy birthday **Avery Dennise Kegg** on 9/29, love Mommy, Gramma B, Papa, Cedez, Uncle S, Levin, Levi N Sean, and Uncle Grant & Rico, Aunty Jojo, Aunty Kc, Hayden & Cayl, We’eh Wade N We’eh Bert. • Happy birthday **Avery Dennise** on 9/29. Happy first birthday Baby Girl, love

Aunty Erica, Mariam, and Aunty Alli.

Other Announcements: Congratulations to **Shyla Lussier and Hunter Shingobe**

on the birth of their beautiful baby boy Caden Sean-Lee on July 24th. Grandma Tina, Great Grandma Gina, Uncle Jordan & Great-Great Grandparents Merlin, and the late Marge Anderson. • Congratulations **Destanie Anderson and Ethan Smith** on the birth of their beautiful baby boy Carter James on July 25th. Grandma, Tina, Great Grandma Gina, Uncle Jordan & Great-Great Grandparents Merlin and the late Marge Anderson.

Submit Birthday Announcements

Send name, birthday and a brief message that is **20 WORDS OR LESS** to Mick Sawinski at mick@redcircleagency.com or **call 612-465-8018**. *The deadline for the October issue is September 15.*

Mille Lacs Indian Museum September Events

Farm Fresh Fridays

Friday, September 4 from 4–7 p.m.

Fee: Free, does not include museum admission
During select Fridays this summer, meet with local farmers and growers and shop for fresh fruits, vegetables, honey, and other regionally grown food products.

Kids Crafts: Shoulder Bag Activity

Saturday, September 5 from 11 a.m.–3 p.m.

Fee: \$7 per kit, does not include museum admission
Learn how to decorate an Ojibwe-style shoulder bag to take home. This activity provides a hands-on introduction to the arts and culture of the Ojibwe, a woodland people of the Great Lakes region. Allow an hour to make the craft. Light snacks and refreshments will be provided. Recommended for ages 6 and up.

Wild Rice Processing

Saturday, September 5, 12, 19, and 26 from 12–3:30 p.m.

Fee: Free, does not include museum admission
Head to the lakeshore to watch museum staff process wild rice, including how to dry, parch, thresh, and winnow the rice. See the entire process from raw to finished product during the 20-minute demonstrations offered on the hour. Demonstrations may be cancelled due to weather. The program begins at noon, 1 p.m., 2 p.m., and 3 p.m.

Museum Day Live! Free Admission

Saturday, September 26 from 11 a.m.–4 p.m.

In conjunction with the Smithsonian’s Museum Day Live!, this site is offering two free admission passes on Saturday, September 26 to visitors who register online via Museum Day Live! at **bit.ly/1PlwYn0**. Museum Day Live! is an annual event in which participating museums across the country open their doors to anyone presenting a Museum Day Live! ticket for free. The ticket provides admission for two people.

To receive your free Museum Day Live! ticket, please register for an account. Once registered, you can request a ticket to one participating venue. The ticket will be available to download immediately up to the date of the event. You must print your ticket and present it to receive free admission or have it accessible on your mobile device.

Ojibwe Moccasin Workshop

Saturday, September 26 from 12–4 p.m. and Sunday, September 27 from 10 a.m.–2 p.m.

Fee: \$60/\$55 MNHS members, plus \$25 supply fee
Reservations: required three days prior to workshop, call 320-532-3632
Learn techniques of working with leather at this two-day workshop. Participants will make a pair of Ojibwe-style moccasins to take home. Registration is required three days prior to workshop. A light lunch and refreshments will be provided both days. A minimum of five participants required to host workshop. Children under 18 must be accompanied by an adult. Discounted hotel rooms are available for workshop participants on Saturday night at Grand Casino Mille Lacs.

For more information on upcoming events visit **events.mnhs.org/calendar**.

SEPTEMBER CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Want your event here? Email mick@redcircleagency.com or call 612-465-8018. Visit millelacsband.com/calendar for additional Mille Lacs Band events		1 Band Assembly Meeting 10 a.m. Nay Ah Shing, Band Assembly Chambers	2	3 Band Assembly Meeting 10 a.m. Nay Ah Shing, Band Assembly Chambers	4 Farm Fresh Fridays 4–7 p.m. ML Indian Museum See page 14	5 Kids Crafts: Shoulder Bag Activity 11 a.m.–3 p.m. Wild Rice Processing 12–3:30 p.m. ML Indian Museum See page 14
6	7 Labor Day Minobimaadiziwin Ceremonial Sweats Every Monday 6:30 p.m. All are invited	8 Onamia Public School American Indian Parents LIEPC Meeting 12 p.m. ROC	9 Circle of Health Outreach 1–4 p.m. East Lake Community Center	10	11	12 Wild Rice Processing 12–3:30 p.m. ML Indian Museum See page 14
13	14 AMVets Post 53 Meeting 6 p.m. Grand Northern Grill Grand Casino Mille Lacs. All veterans welcome. Minobimaadiziwin Ceremonial Sweats	15	16 Circle of Health Outreach 10:30 a.m.–12 p.m. Urban Office Aazhoomog Community Meeting 5:30 p.m. Grand Casino Hinckley Event Center	17	18	19 MLCV Family Golf Outing 9 a.m. Grand National Golf Club in Hinckley Wild Rice Processing 12–3:30 p.m. ML Indian Museum See page 14
20	21 Minobimaadiziwin Ceremonial Sweats	22	23 Circle of Health Outreach 1–4 p.m. Chiminising Community Center, computer lab DII-A Community Meeting 5:30 p.m. Chiminising Community Center	24 DII-A Sobriety Feast 5:30 p.m. Chiminising Community Center	25	26 Museum Day Live! 11 a.m.–4 p.m. Ojibwe Moccasin Workshop 12–4 p.m. Wild Rice Processing 12–3:30 p.m. ML Indian Museum See page 14
27 Ojibwe Moccasin Workshop Noon–4 p.m. ML Indian Museum See page 14 Urban Area Community Meeting/Family Night 5:30 p.m. All Nations Indian Church	28 Minobimaadiziwin Ceremonial Sweats Nibi & Manoomin Symposium Grand Casino Mille Lacs See page 16	29 Nibi & Manoomin Symposium Grand Casino Mille Lacs See page 16	30 Circle of Health Outreach 1–4 p.m. Aazhoomog Clinic	Circle of Health Outreach schedule change: Please note that the November 11th Circle of Health Outreach date at East Lake Community Center from 1–4 p.m. has been moved to November 10th due to the 11th being a Band Holiday.		

UPCOMING EVENTS

American Indian Day Tuesday, October 13	DII Community Health Fair Wednesday, October 21 10 a.m.–3 p.m. East Lake Community Center	10 a.m.–3 p.m. Mille Lacs Community Center	Warrior's Day Wednesday, November 11
DIII Community Health Fair Tuesday, October 20 10 a.m.–3 p.m. Aazhoomog Community Center	DI Community Health Fair Thursday, October 22	DII-A Community Health Fair Friday, October 23 10 a.m.–3 p.m. Chiminising Community Center	Mii Gwetch Day Friday, November 27 and Saturday the 28

September is Childhood Cancer Awareness Month

Linda Moses Coordinator of Circle of Life Plus

This month we are honoring the St. Jude Children’s Research Hospital. St. Jude Hospital was founded by entertainer Danny Thomas in 1962, with the help from Lemuel Diggs and close friend Anthony Abraham, on the premise that “no child should die in the dawn of life”. St. Jude Hospital is a pediatric treatment and research facility focused on children’s catastrophic cancer diseases. It is located in Memphis, Tennessee, and is a nonprofit medical corporation.

All medically eligible patients who are accepted for treatment at St. Jude are treated without regard to the family’s ability to pay. St. Jude is one of few pediatric research organizations in the United States where families never pay for treatments that are not covered by insurance, and families without insurance are never asked to pay. In addition to providing medical services to eligible patients, St. Jude also assists families with transportation, lodging, and meals.

St. Jude is associated with several affiliated hospitals around the nation to further its efforts beyond its own physical walls. The hospital uses its Domestic Affiliates Program to form partnerships with other pediatric programs. This program is a network of hematology clinics, hospitals, and universities that are united under the mission of St. Jude. Discoveries at St. Jude have completely changed how doctors treat children with cancer.

Since St. Jude was established, the survival rate for acute lymphoblastic leukemia, the most common type of childhood cancer, has increased from 4 percent in 1962 to 94 percent today. During this time, the overall survival rate for childhood cancers has risen from 20 percent to 80 percent. St. Jude has treated children from across the United States and from 70 countries. Doctors across the world consult with St. Jude on their toughest cases.

September is World Alzheimer’s Awareness Month

Jackie Jensen RN

Alzheimer’s disease is an irreversible, progressive brain disorder that slowly destroys memory and thinking skills, and eventually the ability to carry out the simplest tasks. Generally, people in their mid-60s will start to show symptoms. Some experts suggest that more than 5 million Americans may have Alzheimer’s. It is currently ranked as the 6th leading cause of death in the US for older Americans.

Alzheimer’s is the leading cause of dementia among older adults. Dementia is the loss of the cognitive functioning — thinking, remembering, and reasoning and some behavioral abilities too.

Alzheimer’s disease is named after Dr. Alois Alzheimer. In the early 1900s, he discovered abnormalities in the brain of a lady who died from “mental illness,” which has now been associated with the brain’s changes that are consistent with Alzheimer’s. These are now called amyloid plaques and neurofibrillary tangles. Scientists continue to unravel the complex brain changes involved. It seems likely that the changes in the brain start decades before the memory loss and other cognitive problems appear. Initially, it seems to take place in the hippocampus, the part of the brain essential in forming memories.

Signs and Symptoms
Signs and symptoms of Alzheimer’s disease include memory issues, troubles with motor movement, and sense of smell. The very first symptoms differ from person to person, and can eventually lead to full dependence for all personal cares and daily needs.

Nibi & Manoomin Symposium

Nibi Miinawaa Manoomin: Oshki-mikanensan Ji-wiidanokiindiyang
Weweni Niigaan Akeyan
New Pathways to a Shared Future

Join us for this fourth biennial symposium that brings together tribal members and University personnel to share information, learn from each other about ways to protect water and wild rice for future generations and meet our obligations to all our relatives. All are invited to attend.

September 28–29, 2015
Grand Casino Mille Lacs (777 Grand Avenue, Onamia, MN 56359). Phone: 800-626-5825.

Co-hosted by: The Mille Lacs Band of Ojibwe and the University of Minnesota College of Food, Agriculture, Natural Resource Sciences and Office for Equity and Diversity.

For conference content information contact: Karl Lorenz, 612-624-9299, klorenz@umn.edu or Craig Hassel, 612-624-7288, chassel@umn.edu.

Mille Lacs Band of Ojibwe			
Summary of Expenditures and Financing Uses:	Approved Budget for FY 2015	Expenditures through 7/31/2015	% of Budget Expended
Administration (1)	15,046,835	10,220,190	67.9%
Department of Labor	20,487,635	5,130,140	25.0%
Judicial	1,273,825	786,729	61.8%
Department of Justice	5,512,731	3,973,307	72.1%
Education	20,678,786	13,975,392	67.6%
Health and Human Services	27,483,229	15,388,215	56.0%
Circle of Health Insurance	10,555,180	7,690,123	72.9%
Natural Resources	8,940,025	5,375,835	60.1%
Community Development	58,712,255	14,944,599	25.5%
Gaming Authority	5,324,748	3,833,304	72.0%
Non-Gaming Distribution	—	—	0.0%
Bonus Distribution	47,705,994	32,698,425	68.5%
Economic Stimulus Distribution	3,130,000	3,126,000	99.9%
Total	224,851,243	117,142,259	52.1%
(1) Administration includes chief executive, administration, finance, legislative, government affairs, and district operations.			
(2) The amounts above do not include casino operations. However, they do include government operations funded by casino distributions.			
(3) The Mille Lacs Band of Ojibwe has its financial statements audited every year by an independent public accounting firm. Audit reports from previous years are available for review at the government center upon written request.			
(4) Economic Development appropriations have been excluded as of October 31, 1997. As of October 1, 1997, the Band has separated accounting functions for the Corporate Ventures from the tribal government.			

For registration and lodging: regonline.com/
NibiManoominSymposium

Lake Health Conference



Band DNR employees Chad Weiss and Perry Bunting, along with summer intern Jourdain Wedll, attended a Lake Health Conference at Eddy’s on August 10 and

11. The conference was sponsored by the Mille Lacs Lake Watershed Management Group.

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Heating, Water, and Maintenance Problems?

During normal business hours: tenants in Band rentals and Elders living within the service area should call 800-709-6445, ext. 7433, for work orders. **After business hours:** tenants with maintenance emergencies should call 866-822-8538 and press 1, 2, or 3 for their respective district.

Free Hearing Evaluations

Evaluations take place on the second Friday of each month at Ne-la-Shing Clinic. Call 320-532-4163 to schedule an appointment. Walk-ins are welcome — we will do our best to serve you. Ask us about the \$1,000 in hearing aid benefits you can receive from the Circle of Health.

Hearmore Hearing has offices in Saint Paul and Osseo. To schedule an appointment Monday through Friday, call the Saint Paul office at 651-771-4019 or the Osseo office at 763-391-7433.

OJIBWE INAAJIMOWIN

THE
STORY
AS IT'S
TOLD

OCTOBER 2015 | VOLUME 17 | NUMBER 10

RICE LAKE ANISHINAABE REFUGE

PAGE 8

v returned to the Rice Lake landing on September 16.

ASEMAA JOURNEY
BEGINS WITH A
SINGLE SEED

WHERE THERE'S
SMOKE, THERE'S
FIREFIGHTERS

FAMILIAR FACES
HELP STUDENTS
FEEL AT HOME

BULLYING: IT'S NOT
JUST A PROBLEM
AT SCHOOLS

MESSAGE FROM THE CHIEF EXECUTIVE

MELANIE
BENJAMIN
CHIEF EXECUTIVE



Aaniin! One of the reasons I love our language is because it is so descriptive of the beauty in our world. The month referred to in English as September is called Waatebagaa-Giizis in our language, which translates to “Leaves Changing Color Moon”, and October is called Binaakwe-Giizis, or the “Falling Leaves Moon”. When I listen to my little granddaughter speaking Ojibwe, I am grateful for the opportunities she has had to learn our language, and hope that she will continue to learn and use our language for the rest of her life.

I recently held social gatherings in each of the three districts with some of the ladies who sit on or help with the drums. I learned a great deal from them about their views of issues in the community and the challenges we face, and they talked about the importance of the drums. Then yesterday, I met with one of our Elders who asked me to remind everyone to attend the dances that will be starting in October. She talked about how the drums have always protected us and they are here for us. She also reminded me of the importance of regularly putting out our asema by a tree. Just these simple things; remembering to use our language and putting out asema, can make a tremendous difference in our outlook and our wellness.

The focus of this month has been on the Band’s budget, which is always a challenging time. Before our first casinos opened in 1991, Chairman Art Gahbow used to say that gaming was a tool, but not the solution. Part of Art’s vision was that we would not be dependent on gaming. Art wanted us to invest gaming revenue into rebuilding our economy around many businesses. If gaming ever failed, he wanted us to have something to fall back on. Art wanted a diversified economy.

For the past 24 years, that has been our goal. Last year, for

the first time in our history, every Band-owned business made a profit.

As I write this column, we are in the last stages of finalizing the Band’s two-year budget for 2016-2017. This is never easy, because it means developing our budget for the next two years based on revenue predictions of what we think our businesses will earn. We always try to be conservative, and have been fortunate for the past few years because our businesses have out-performed our predictions. Still, it is our responsibility to ensure that we plan our spending very carefully.

I was thinking back to when I was first hired as Commissioner of Administration by Art Gahbow. At that time, the entire Band government included only about 120 employees, and today we have more than 700 employees! I am grateful for how well the Band has done with revenue growth when so many tribes are facing revenue loss, but I remember the days when the Band was one of the poorest tribes in the Nation, and somehow we got by. We must never return to those days, but I am firmly convinced that we can shrink government without reducing quality of services to Band members. I have been adamant about directing the Executive Branch to reduce government spending.

There has been more going on than we have time to cover in this newspaper, but some of the most exciting news is that we’ve broken ground on the Sher property near Bugg Hill and hope to get some of the beginning infrastructure completed before the ground freezes. Lots are also being prepared for new homes in Districts II and III along with infrastructure and roads.

I had numerous meetings this month with state and federal

officials, including a very productive meeting with Governor Dayton where we discussed natural resource issues, opiates, education and other matters, as well as a meeting in Washington D.C. with Deputy Assistant Secretary Kevin Washburn, who leads the BIA. Other events and meetings that kept me busy included a meeting with Minnesota DFL Caucus leadership; a meeting with Minneapolis Mayor Betsy Hodges; a Minnesota Tribal Leaders Forum in Morton; the Minnesota Indian Housing Conference in Hinckley; the Legislative Subcommittee Meeting of the Minnesota Chippewa Tribe; meetings with Band Assembly; the Minnesota Board on Aging; numerous meetings with many Band Members, and the Minnesota Indian Affairs Council (MIAC).

While the MIAC meeting covered many important issues, the most exciting development at that meeting was that after reviewing the resumes of several applicants for the position of Executive Director of the MIAC, we voted to offer the position to Mille Lacs Band member Rayna Churchill! The MIAC advises the State of Minnesota on issues important to tribal governments, and the Executive Director role is a critical position. Yesterday (September 23) marked Rayna’s first official day on the job, and I know she will be an outstanding Executive Director. Please congratulate her on this new position when you see her!

In closing, I hope everyone takes time to enjoy the beautiful fall colors and look forward to seeing many of you at our dances this fall. It is a privilege to serve as your Chief Executive and represent the Mille Lacs Band of Ojibwe! Miigwech!

Melanie Benjamin

Ground Broken for District I Housing Development

Brett Larson Staff Writer/Photographer

A 400-acre property in District I will be the site of the largest housing development the Mille Lacs Band has undertaken. The first phase will include 56 homes. The second phase will bring the total number of homes to more than 90.

At a ceremony on Sept. 4, government officials and community members gathered to bless the site. Commissioner of Community Development Percy Benjamin welcomed them to the event and introduced Joe Nayqyonabe Sr.

After a prayer in Ojibwe, Joe said the Band always starts projects like this in a good way, by offering a dish of food and tobacco to the Manidoog, or spirits.

Chief Executive Melanie Benjamin, Secretary/Treasurer Carolyn Beaulieu, District I Rep. Sandi Blake and Roads Supervisor Tony Pike also participated in the groundbreaking.

Planning Director Mike Moilanen described the project, saying construction of roads, water and sewer would begin this fall. A water main will be built to the water tower at Bugg Hill.

Next summer the streets and sidewalks will be paved. Housing construction is expected to begin in the spring of 2017.

The property was purchased with housing initiative money. Archaeology on the site was conducted in 2005.

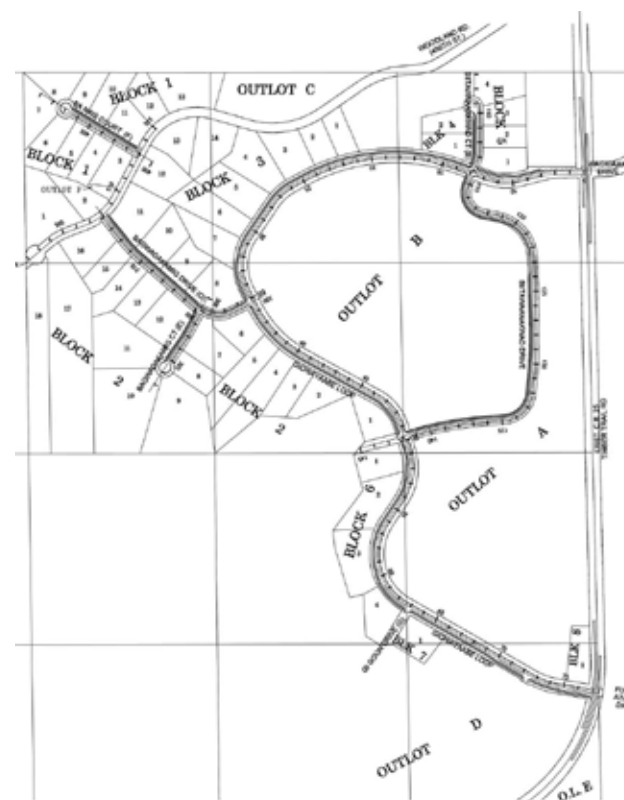
The general contractor for the road grading work this fall is C&L Excavating from St. Joseph.

Percy Benjamin said afterwards that his department is focused not only on housing but also on activities and recreation facilities that he hopes to integrate into new developments. He thanked the elected officials for allowing Community Development to move forward with plans that have been taking shape for many years.

“Our vision is to look into the future and bring other amenities to the community that help promote health and wellness to our youth,” Percy said.



Left to right: Roger Garbow, Mike Moilanen, Tony Pike, Melanie Benjamin, Carolyn Beaulieu, Sandi Blake, Joe Nayqyonabe Sr., Percy Benjamin.



Court Rules that Sandpiper Decision was Illegal

Brett Larson Staff Writer

The Minnesota Court of Appeals ruled on Sept. 14 that the Minnesota Public Utilities Commission (PUC) violated state law by issuing a certificate of need for the Sandpiper oil pipeline.

A three-judge panel determined that the Minnesota Environmental Policy Act (MEPA) requires an environmental impact statement (EIS) prior to granting of a certificate of need for “a major governmental action that has the potential to cause significant environmental effects.”

The decision is a victory for Friends of the Headwaters, the group that challenged the legality of the certificate of need. Also opposing the certificate were the White Earth Band and Mille Lacs Band, as well as the environmental group Honor the Earth.

North Dakota Pipeline Company, a subsidiary of Enbridge Energy of Canada, applied for the certificate of need and a routing permit from the PUC to construct a 612-mile pipeline transporting oil from the Bakken fields of North Dakota through Minnesota to Superior, Wisc. About 300 miles of the pipeline would cross Minnesota carrying 225,000 to 375,000 barrels per day, according to court documents.

After a series of hearings, the PUC agreed to “bifurcate” or divide the certificate of need process from the routing permit process. The required environmental review would come during the routing permit process — after the certificate of need had been granted.

The court ruling states that the environmental review needs to be completed before either the certificate of need or the

routing permit can be granted. As a result, the PUC will have to reconsider its decision after completion of the environmental impact statement.

After the appeals court ruling, Mille Lacs Band Chief Executive Melanie Benjamin thanked the White Earth Band of Ojibwe, Honor the Earth and all the Mille Lacs Band members who spoke out and got involved in the issue. “The pipeline is not dead, but this means it will not be shoved down our throats without a complete review of the environmental impacts,” said Melanie. “This shows what Native people can accomplish when we stick together. Your voices matter. This is a good day.”

Richard Smith, President of Friends of the Headwaters, told Minnesota Public Radio, “If you’re going to build an extensive project like this, 300 miles through the heartland of Minnesota’s most pristine waters, we thought it was absolutely critical that a full EIS be done.”

The PUC granted the certificate of need on June 5, the day the Mille Lacs Band held its own hearing on the pipeline at East Lake Community Center. The Band held the hearing because the PUC failed to hold any hearings on the pipeline on tribal lands.

At the June hearing, several Band members called for a full environmental impact statement prior to the granting of a certificate of need. By the end of the day, those in attendance learned that the PUC had granted the certificate of need, ignoring the testimony of Band members.

Band officials also criticized the PUC because it had not en-



District II resident Michaa Aubid spoke in opposition to the certificate of need at a hearing at the East Lake Community Center June 5.

gaged in government-to-government consultation with tribes, which is required of state agencies according to an executive order from Gov. Mark Dayton.

For the complete text of the ruling, see millelacs-band.com/wp-content/uploads/2015/09/Minnesota-Court-of-Appeals-Ruling.pdf.

MIAC, NCAI Pass Resolutions Opposing Pipeline

The Minnesota Indian Affairs Council passed a resolution offered by Chief Executive Melanie Benjamin on the Sandpiper Pipeline. The resolutions calls on Gov. Mark Dayton to require that his agencies consult with the Band, that the State follow its Environmental Justice policy, and that a complete Environmental Impact Statement (EIS) be done on the Sandpiper. The resolution passed unanimously, at the same time as the Minnesota Court of Appeals issued its opinion finding the PUC’s approval of Sandpiper without an EIS to be illegal.

Melanie also authored a resolution passed by the National Congress of American Indians at their mid-year conference in St. Paul last summer. The NCAI resolution also calls for Environmental Justice and a full EIS on the proposed pipeline.

For the complete text of the resolution, see bit.ly/1FutrID.

Garrison Prank Sends Insensitive Message

Brett Larson Staff Writer

A prankster apparently tried to make a political statement in Garrison on Wednesday, Sept. 16, tossing a blue “net” over the town’s iconic roadside walleye.

Photos of the fish made the rounds on the Internet, leading to ignorant and sometimes racist comments on Facebook and other sites.

The Band responded with its own Facebook post:

“We have had our challenges in this region with racism, but we have many friends and neighbors who work to promote positive relations in this community every day...in every community, including Garrison. At this point, we do not know who did this or what their motivations were. People are upset, but how we and others respond can cause even more anger.

“Whether it was a practical joke or intended to rile anyone up, how we respond to issues like this should always be grounded by remembering our Anishinaabe values of Gwekwaadiziwin (Honesty), Dbaadeniziwin (Humility), Debwewin (Truth), Nbwaakaawin (Wisdom), Zaagidiwin (Love/Compassion), Mnaadendimowin (Respect), and Aakwade’ewin (Bravery/Courage).”

Chief Executive Melanie Benjamin said, “Taking the ‘high road’ is never easy when emotions are high, but that is our challenge — to speak, act and think through the lens of our teachings and values. Also, Miiigwech to Mayor Linda Kistler Dahlen, of Isle, who showed courage, integrity and dignity by responding on the Band page with this statement:

‘I am so sorry this happened. It’s not any different than the KKK wearing white hoods and doing night raids with torches ... it is racism and it sickens me. This kind of divisive immaturity is evil and immature. Many communities and individuals are working hard to market and promote our area as the great and amazing jewel of north central Minnesota that it really is...as a team working together. This is a slap in the face to those efforts. How do we respond? With dignity. We keep moving forward with our eyes on our shared goals. We may pick up some barnacles along the way that we have to shuck off is all.’”

Garrison Mayor Bruce Pierson said, “We’re upset that someone would deface the walleye, and in no way do we condone those actions or approve of any intent they might’ve had. The Band provides funding to different activities in the area, and that’s greatly appreciated.”

A rumor circulated that the Garrison Commercial Club was behind the vandalism, but Club President Myron Stevens vehemently denied any involvement, saying there was miscommunication between a city employee and a member of the public.

Myron said he wrote a letter to the Chief Executive explaining that the Club had nothing to do with the incident. “None of our members would do anything like that,” Myron said. “We support the casino and the Band with everything they do, and without their support, we couldn’t do a lot of the things we do. It’s just a bad incident, and we had nothing to do with it.”

Myron took the net down as soon as he could, with help from local businessman Nick Lingwall.

Joe Meyer, Lieutenant with the Crow Wing County Sheriff’s Department, said the incident was not reported and probably would not result in an investigation.

“I doubt that we would get too involved if there’s no damage to the fish itself,” he said. “If it’s a statement being made by an individual, we certainly don’t condone it, but I don’t believe it would be a criminal activity unless there was damage or defacement, and someone was out some dollars.”

Band and State Leaders Continue to Build Strong Bond

Toya Stewart Downey Staff Writer

In the world of politics it's of the utmost importance to have allies, to collaborate and to build strong relationships.

Those things are especially true when it comes to local politics and government-to-government relationships as in the case of the Mille Lacs Band and the State of Minnesota.

In recent months, Chief Executive Melanie Benjamin and Minnesota Governor Mark Dayton have greatly strengthened their bond as they've discussed critical topics such as the Band's decision to suspend netting, reservation boundaries, and Sandpiper.

Beyond developing a stronger personal relationship and an ally, the greater benefit is the impact of these interactions on the Band as a whole.

In the last several weeks, the Chief has either met with or talked to the Governor multiple times to share concerns on behalf of the Band, or to make him aware of issues such as the opiate crisis or to discuss how to promote tourism in Indian Country.

In August, Lieutenant Governor Tina Smith visited Mille Lacs and attended the 49th Annual Mille Lacs Band Traditional Powwow. The Lt. Governor is scheduled to meet with

the Chief in coming weeks to continue the tourism discussion.

Jamie Edwards, the Band's director of Government Affairs, said that it's critical that the state's elected leaders have strong relationships. He's attended the meetings between Melanie and the Governor and has been able observe the strengthened bond.

"Governor Dayton's Executive Order 13-05 created a framework for better relations between the state and tribal governments," he said. "With training for state employees and government-to-government consultation policies now required for all cabinet level agencies, Minnesota's approach could become a national model."

As leader know, forging strong relationships becomes even more critical when there are highly-charged or highly-visible issues, such as the State's decision to close walleye fishing on Lake Mille Lacs. That issue alone garnered local and national media attention and became the talk of the state.

It became an even broader conversation when the Band's Drumkeepers decided that the Band should temporarily suspend netting. Melanie told the Governor that she broadly communicated what the Mille Lacs Band was doing with other



tribes and told Gov. Dayton that she would keep him in the loop as to what other tribes who had 1837 Treaty Rights on Lake Mille Lacs.

She shared with the Governor the work that the Band was doing with local area businesses and partners to diversify the economy in the Mille Lacs region.

Mille Lacs Band, Local Governments Prepare for Oil Disaster

Brett Larson and Charlie Rasmussen Staff Writers **Charlie Rasmussen, Great Lakes Indian Fish and Wildlife Commission** Photographer

Railroad tank cars haul North Dakota crude oil through Aitkin County each day, carrying the risk of explosive derailments, which have occurred in places like Illinois and Quebec.

With funding from the US Environmental Protection Agency (EPA), Emergency Management Coordinator Monte Fronk and other Mille Lacs Band officials teamed up with Aitkin County and nearly two dozen additional emergency service providers Sept. 10 to plan a response to an oil spill in the ecologically sensitive landscape of east-central Minnesota.

Mike Taylor, Chief Conservation Officer with the Band DNR, said the tabletop exercise was beneficial: "This exercise has built my confidence that while working together with Aitkin County and the other state and federal agencies, we can handle any disaster in a safe and collaborative way to ensure the safety of the community and the environment."

The area selected for the disaster training exercise is home to Sandy Lake and East Lake Communities. The accident scenario included a smoke plume blowing from the crash site west of McGregor through the East Lake area. It also described a potential release of 270,000 gallons of oil into Portage Lake.

The exercise was the brainchild of a 10-person team of Mille Lacs Band and Aitkin County officials, along with representatives from the EPA, the Federal Emergency Management Agency, the Minnesota Department of Health and other agencies.

Monte said the EPA facilitated a similar exercise five years ago. He and Aitkin County Sheriff Scott Turner requested another exercise to reestablish relationships among agencies and further educate emergency services personnel.

"The hot topic we're all dealing with is this Bakken oil," Monte said. "You hear it every day in the news, and whether it comes in a pipe or by rail, we're concerned about the potential damage to public health and natural resources, and we need to know how we would all deal with it in our initial response."

The EPA contracted with Tetra Tech, Inc., of Chicago to

plan and conduct the tabletop exercise. Aaron Stevens of Tetra Tech was the facilitator, leading the 60 participants through three modules over the course of the day, emulating the three phases of the emergency:

- Module 1: Notification, Initial Assessment, and Command. Participants discussed how to communicate with the public, set up a command structure, and plan their response.
- Module 2: New Priorities. Participants considered how health, safety, communications and shelter needs would be addressed as the disaster entered its second day.
- Module 3: Looking Downstream. Participants

discussed strategies for calling an end to the emergency response and long-term communication, cleanup and monitoring.

Participants represented local, state, tribal and federal governments, including the Mille Lacs Band, the Aitkin County Sheriff's Office, Aitkin County Public Health, the Minnesota Department of Health, the National Guard, the EPA, Homeland Security and the Military.

"It was a well-planned and relevant tabletop exercise," Monte said. "Everybody was appreciative that we got so many people in the room so we could learn who everyone is, what they do and where they come from. Those relationships are very important when emergencies happen."



Emergency Management Coordinator Monte Fronk participated in the tabletop exercise he helped bring to McGregor.

Asemaa Journey Begins with a Single Seed

Brett Larson Staff Writer/Photographer

Asemaa (tobacco) is one of the four medicines of the Anishinaabe, along with sage, cedar and sweetgrass. Asemaa has many traditional and ceremonial purposes and is used in a respectful manner.

Two Band employees are encouraging Band members to grow their own asemaa plants as an alternative to commercial tobacco. Growing asemaa at home would also give elders the opportunity to share teachings and use of asemaa to their little ones.

Carol Hernandez is a Band member who works as an Outreach Coordinator through a grant from ClearWay Minnesota. "Tobacco is medicine, and it's always going to be used in the community," said Carol, "but there are options available other than smoking or using cigarettes."

Amy Maske, a long-time early childhood teacher for the Band, now works for the Band's Public Health Department as coordinator of the Band's Statewide Health Improvement Plan (SHIP). Part of her job is to discourage recreational use of tobacco, but she also understands the importance of the plant in Anishinaabe culture.

Carol and Amy attended a Gathering of Native Americans (GONA) event at Mystic Lake last April, where the topic was traditional tobacco. Attendees came from around the U.S. and shared their knowledge. At the end of the event, they toured the tobacco gardens at Mystic Lake, and everyone was encouraged to take plants home.

Carol took a whole flat of plants, which she gave to interested people on the reservation. Amy and other Band attendees also took plants home.

When Carol returned, she made sure that what she was doing had the blessing of one of the cultural advisers. She wanted to be certain it was appropriate for women to grow asemaa, and she was assured that it was.

However, she was also told that accepting the role of a tobacco grower and provider required a serious commitment.

"I was told that if I started this journey, to look at it as a marriage — a lifetime journey," Carol said.

It's a journey Carol is ready to take. She wants to give Band members the opportunity to grow tobacco that does not have the additives contained in commercial tobacco. It's also an opportunity for those who don't garden to raise a plant indoors or outdoors on a patio.

Some Band members harvest red willow for traditional tobacco or "kinnickinnick," but not everyone has the ability to do that. "If you don't harvest kinnickinnick, here's another alternative you can grow in your own home or garden," Carol said.

Carol and Amy's long-term goal is to create the infrastructure for the Band to grow enough asemaa to use in ceremonies across the three districts. "One district of the White Earth reservation has enough plants to provide traditional asemaa to be used for funerals for free if people want it," Carol said.

For that to happen, they will need a place to grow it and a place to dry it, and they will need more individuals who want to get involved. "It is not my goal to be the asemaa grower in District I," said Carol. "It is my goal to recruit people in all three districts to grow plants or start plants and distribute seeds."

Carol and Amy already have a greenhouse behind the Assisted Living Unit in District I. Next spring they will start plants in the greenhouse to distribute to Band members or transplant to another growing facility.

Their initial experiment had mixed results. Although Carol's plant survived and thrived, some of the others she had given to community members didn't do so well. Amy's plant was one of the casualties. "My cat decided she did not like where it was sitting, so she knocked it down," Amy said.

"We've learned a lot," said Carol. "My plant did very well but I found out it's not an easy plant to grow. If you're growing it in a pot, it needs to be tended. It's a sun-seeking plant, so you have to keep turning it. It's also a very thirsty plant."

Carol and Amy learned that the Mohawk variety of tobacco did much better at Mille Lacs than the Hopi variety, so for now they intend to focus on Mohawk tobacco.

Although natural tobacco doesn't contain many harmful ingredients added to commercial tobacco, it still must be han-



Amy Maske and Carol Hernandez plan to start tobacco seedlings next spring in a greenhouse behind the District I ALU.



This photo was taken when Carol was ready to harvest her plant's seed pods.

dled with care. "Natural tobacco contains nicotine," said Carol. "You need to wear gloves when you handle it."

It isn't necessarily a good neighbor to other plants, either. Tomatoes don't like it, so you need to keep it at a safe distance.

Carol also learned that pinching off seed pods can result in larger leaves. "I have an abundance of pods," Carol said. "But I'm happy that I have a lot of seeds, and maybe less asemaa," Carol said. "If my goal is to distribute plants, I need seeds, so I think what was meant to happen happened."

Carol is in the process of creating a tip sheet for growers, and she plans to have enough seeds or plants next spring to distribute to those who would like to try growing their own asemaa.



At the Gathering of Native Americans event last April, attendees were invited to take home asemaa (tobacco) plants on the "gift blanket" provided by the Mystic Lake Wozupi (garden).

Band Hosts Minnesota Indian Housing Conference

Brett Larson Staff Writer



Melanie Benjamin welcomed the Minnesota Indian Housing Conference to Grand Casino Hinckley on Tuesday, Sept. 15.

In her welcoming comments at the Minnesota Indian Housing Conference Sept. 15, Chief Executive Melanie Benjamin talked about the importance of good relationships with the wider community, and about the importance of family in Indian cultures.

She also spoke about the adjustment tribes have had to make over the centuries from their traditional ways of life — based on the circle — to the contemporary society of square houses, lists and “first come, first served.”

The Mille Lacs Band hosted the conference Sept. 15 and 16 at Grand Casino Hinckley Convention Center. After a breakfast and opening ceremonies involving the Mille Lacs Honor Guard and Timber Trails drum group, attendees were welcomed by Rick Smith of the White Earth Band, who introduced Chief Ex-

ecutive Melanie Benjamin.

“My challenge to you is to work with Indian tribes and Indian people to not just build housing, but rather to build family homes and build tribal neighborhoods that honor our past,” Melanie said. “Build communities that draw on traditions — and help us to rebuild the concept of being part of an extended family, part of clan and part of a Band.”

Following Melanie’s speech, those in attendance received an update from Mark Butterfield of the Office of Native American Programs Eastern Woodlands

The rest of the conference was devoted to sessions on a variety of topics affecting those working with housing in Indian communities, including homelessness, taxes, development, finances, policy making and drug awareness.

A pre-conference networking/registration and golf event was held during the afternoon of September 14, 2015.

For the complete text of Melanie’s comments, see millelacsband.com/district_news/chief-executive-address-es-housing-conference



Philanthropist from India Visits Reservation Schools

Brett Larson Staff Writer

Dr. Achyuta Samanta, an Indian educator and philanthropist, toured Wewinabi Early Education and Nay Ah Shing Abinoojiyag on Wednesday, Sept. 23. Dr. Samanta is the founder of Kalinga Institute, serving 25,000 of the poorest tribal children in India. During a visit to St. Cloud State University, Dr. Samanta expressed interest in seeing and hearing how the Mille Lacs Band serves tribal children. Pictured are Shahzad Ahmad of SCSU, Al Paulson of the White Earth Band and Marketplace Productions, Dr. Samanta, Prof. P.P. Mathur of Kalinga Institute, Mille Lacs Band Commissioner of Education Suzanne Wise, Dr. Ashish Vaidya of SCSU and Dwiti Vikramaditya, also of Kalinga Institute.



Two New Band Members Join Housing Board

Brett Larson Staff Writer



Front: Pam Eagle and Ella Reine Garbow. Back: Phyllis Boyd, John Mojica, Bonnie Matrious. Not pictured: Jen Gahbow.

Ella Reine Garbow and Pamela Eagle are the two newest members of the Housing Board, joining chair John Mojica and board members Phyllis Boyd, Jen Gahbow and Bonnie Matrious.

Pamela was asked by District I Rep. Sandra Blake to serve on the housing board, and she agreed. “I didn’t think I would be chosen,” said Pamela. “I feel I have a lot to learn. Right now I am just observing before I can really get the feel of things the

board makes decisions on.”

The Housing Board was established by Band statute to serve the following functions:

- To advise the Commissioner of Community Development and make recommendations on various housing matters relating to the Bands Housing vision and mission.
- To acknowledge Band members’ housing needs and communicate concerns to the Executive Director of the Housing Department.
- To approve an annual Strategic Housing Plan with ratification by the Band Assembly.
- To ensure that the Housing Policies conform to the Band’s Housing vision and mission and that Community Development and the Housing Department comply with the Housing Policies.
- To maintain a fair and equitable service level to all Band members.
- To approve home loans, renovation loans or other housing program loans that may be developed by the Housing Department.
- To approve foreclosures in circumstances where a mortgagor defaults on their housing loan for a period of more than six (6) months.

- To approve new Housing programs and Housing Policies developed by the Housing Department with ratification by the Band Assembly.
- To approve Housing Meeting Minutes from the previous meeting and forward a copy to Band Assembly within ten (10) business days.
- To approve any housing grants if such regulations require it.
- To approve the quarterly reports developed by the Commissioner of Community Development and the Housing Department.
- To maintain confidentiality of all housing client matters.
- To treat all Band members fairly and equally without regard to family relationships.

The Chief Executive and Speaker of the Band Assembly each nominate two members, and the three district representatives each nominate one, for a total of seven. Nominations must be confirmed by the Band Assembly.

Currently there are six board members. The District II position is unfilled.

The board meets at least once a month. Members are paid a stipend for the services for up to two meetings per month.

Longtime Nay Ah Shing Educator Loves Teaching and Learning

Toya Stewart Downey Staff Writer **Brett Larson** Photographer



Some might be surprised to know that teachers, even those who have decades of experience behind them, continue their learning each school year, thanks to their students, families and colleagues.

Such is the case with Julie Nelson, a second-grade teacher, who has taught at Nay Ah Shing for the past 22 years in different grade levels, including preschool, kindergarten and first grades.

Each year the veteran teacher is thrilled to return to campus because she’s eager for the opportunities a new year presents to her.

“After all these years I still love to teach and I love kids.”

“There were many things that made me excited about this year,” said Julie. “ We have a new principal, Jane Harstad, who has new ideas and a good understanding of students and staff.

“We are implementing several school improvement plans that have so much potential — like using student test data to teach to the individual student and an anti-bullying curriculum, Olweus,” said Julie. “I think it is going to be a really good year.”

Julie says second grade is a “growing up grade.” By the end of the year, students need to be ready for academic challenges that will become increasingly difficult such as

multiplication, cursive handwriting, and reading to learn rather than learning to read.

Students in kindergarten through the second grades are learning the basics of reading, math, language. Those years are the “learning to learn years,” Julie says.

Even though Julie admits this sounds like a cliché, she enjoys being a teacher because her students “make me happy and keep me young.”

Before beginning her teaching career at Nay Ah Shing, Julie taught preschool in Milaca for a few years, which helped prepare her for working with the earliest learners at the tribal school.

Like many teachers, finding time to get everything done in a day proves to be challenging.

“Besides balancing the needs of a second grader with all of the other things that are required, it seems like there are not enough hours in the day to do the paperwork, reports, reading requirements, lesson plans, and preparing for lessons,” she said.

It’s all worth it though when she sees, “the light bulb come on...It’s so cool when they have worked hard and then they get it.”

Like teachers everywhere, Julie knows that parents are their child’s first teacher and learning begins at birth. That’s why it’s important for families to know that teaching children is a “family-teacher partnership.”

“Students have much more success when they know we are in this learning experience together,” she said. “I love it when parents and grandparents call and ask questions concerning their child’s education and happiness.

“We all have success when the kids know we have an open line of communication.”

Life outside of the classroom

Julie, who comes from a large family, is the eighth of 11 children. She was raised in the little town of Foreston, Minn. She spent her first six years of school in the town’s two-room school. She attended Milaca Junior and Senior High Schools.

Before heading to college at St. Cloud State to earn her degree in elementary education and pre-kindergarten license, Julie got married and became a mother. She continued her education at St. Mary’s, where she earned a Master’s Degree in Education.

One of her greatest joys is that besides remaining married to her husband, Jay, she is now a grandmother, “which is more fun than anything in the world!”

Some of Julie’s favorite things to do include watching hockey, golfing (even though she says she’s “terrible”) and cooking. She loves to read, spend time with her family and friends.

Nonprofit Seeks Members to Help Build District I Community

Brett Larson Staff Writer

Band members in District I have started a nonprofit to bring neighbors together to build relationships and create a more positive community.

Neighbors Helping Neighbors started out as a neighborhood watch group in December of 2013. Since then they have drafted articles of incorporation, held fundraisers, and received 501c status, with help from Commissioner of Finance Adam Valdez.

They requested funding from the Band Assembly for a National Night Out carnival, but they didn’t receive the funds in

time, so instead they held a carnival at the powwow grounds on Tuesday, September 8, with inflatables for the kids and other attractions.

Billie Jo Sarcia, one of the founders of the group, said, “We wanted to find a way to bring neighbors together to have a good time. It doesn’t happen as much as it used to. People don’t communicate. Neighborhoods are separated. We’re trying to bring the community back together.”

Billie Jo is one of the co-chairs of the organization, along with Bradley Harrington. Kim Sam is the treasurer.

They’re considering other activities as well, like cooking meals for homeless people in need, hosting block parties, and sponsoring classes on home and neighborhood safety.

“We’re looking for people to help out,” Billie Jo said. “We need people to join us so we raise funds for these projects.”

The group has a bank account at Woodlands to accept donations. Anyone wanting to help out can call Billie Jo, Bradley or Kim, or “like” their Facebook page: **facebook.com/NeighborsHelpingNeighborsMN?fref=nf**

Band Departments Provide Supplies for the New School Year

Toya Stewart Downey Staff Writer

Anyone who has ever had to purchase school supplies knows how expensive it can be to fill a student’s backpack.

According to multiple sources, collectively, parents across the United States who have kids in kindergarten through 12th grade will spend more than \$24 billion on supplies.

The same sources say that on average, many families will spend hundreds of dollars depending on the number of children they are shopping for and what’s on the shopping list.

Fortunately, many Mille Lacs Band families have help. Each year individuals and Band departments help fill backpacks with loads of much-needed supplies and in turn, take some of the financial burden off of some families.

Though the list of donors and their efforts are too long to list, those who provided supplies, time, effort or money were able to make an impact on the lives of students and their families.

Here’s a sampling of some of the ways that individuals and departments helped:

District I Representative Sandra Blake gave away backpacks filled with supplies. The Tribal Employment Rights Office (TERO) provided free haircuts for students in pre-kindergarten through the 12th grade.

The Child Support Office provided backpacks filled with school supplies. Some of them were donated by Grand Casino Mille Lacs and others by Niigaan, but combined, over 150 were given out thanks to the collaboration. The Child Support office held back-to-school events in Districts I, II, IIA, III and at the Hinckley Teen Center.

“Not all kids are fortunate enough to get the school supplies they need every year,” said Rachel Sablan, Director of Tribal Child Support. “As a parent I know how many school supplies are needed and sometimes it can be a lot.

“Providing school supplies helps the kids start out the school year with what they need to be focused, ready to learn and ready to succeed in the new school year,” said Rachel, adding that it’s important for her office to help families get

what they need during back-to-school season.

This year, for the first time, the Band’s Department of Natural Resources gave supplies to Band members or descendants who attend eight schools — Nay Ah Shing, Onamia, Isle, Minisinaakwaang, McGregor, Pine Grove, Hinckley and East Central.

“We purchased pencils, stickers, Woodsy Owl stickers and Smokey the Bear rulers,” said DNR office manager, Rachel Shaugobay.

The DNR selected the supplies to emphasize the role of self-responsibility to the natural environment and to promote the next generation of conservation advocates, Rachel said.

“We also wanted to educate the importance of wildfire prevention to our youth,” she added. “ Woodsy Owl spreads the message to ‘Give a Hoot, Don’t Pollute’ and ‘Lend a Hand, Care for the Land.’ Smokey’s the Bear’s message is ‘Only You Can Prevent Wildfires.’”

History and Culture Are Alive at Rice Lake Landing

Brett Larson Staff Writer/Photographer

Rice Lake in District II is the Napa Valley of wild rice, and the rice itself is Grade A, Prime Cut, First Class. In other words, the good stuff.

District II residents, the Rice Lake Anishinaabe, are master ricers, pro’s pros, and connoisseurs.

Rice is in their blood. It has held the community together for generations.

But it didn’t come without a fight.

District II ricers are fighters, through and through. They’re talkers, teachers and historians, too. A day at the lake includes stories of treaties made and broken, of citations and confiscations and eventual victories.

They talk about the Sandy Lake Tragedy, when 400 Anishinaabe died in the winter because they’d been promised food that never came — food that was needed because they were torn from their homelands, where rice had been their staple.

They talk about the chiefs and leaders of the Sandy Lake and Rice Lake communities, from Hole-in-the-Day in the 1800s to Clifford Skinaway and George Aubid 100 years later.

They talk about 1889, when Henry Rice came by train to nearby Kimberly to deceive the Indians into giving up their land and moving to White Earth.

And they talk about battles with the State of Minnesota and the U.S. Fish and Wildlife Service.

After hundreds of years of harvesting the rice, the Rice Lake community was uprooted from the lakeshore in the 1930s, when President Franklin Roosevelt declared the lake a wildlife refuge. The ducks took precedence over the people.

Suddenly the Rice Lake Indians were in need of refuge. Some scattered to the homes of friends and family in Fond du Lac, White Earth or Wisconsin. A shopkeeper in East Lake let some families stay in an old building until they could earn enough to start buying their own land.

The memories are still fresh at the landing.

Mandy YoungBear, who married into the community, has learned the stories and knows the names. She talks about Sam Yankee, the former Mille Lacs Chief, who along with his wife Ada adopted some needy children.

She talks about Julie Shingobe, a District Representative from the area, and about Mushkooub, Mandy’s father-in-law, the long-time activist and leader who passed away last winter.

Mandy also talks about the nutritional value of the rice, as she cleans seed from the tops of rice plants that have been left behind at the landing.

Generations of Rice Lakers fought for their right to harvest the rice under their own rules, and today they’re mostly left alone to gather what they need as their ancestors did.

At the landing, Rice Lake once again feels like a refuge for people as well as ducks.

David ‘Niib’ Aubid, a lifelong warrior for his people’s rights, comes by the landing and stays to tell stories of battles he fought with his brother Mushkooub.

Niib knows how good it feels for Indians to come to Rice Lake, knowing it’s theirs, regardless of the official designation. He’s been called a “parasite” by refuge managers and been met with sawed-off shotguns for exercising his rights.

Niib’s son, Michaa Aubid, and his nephew, Darrell Shingobe, come by at the end of the day to see what’s happening. They’ve been in District I selling rice, so they weren’t on the water.

Michaa talks about the geology of the region, about glacial Lake Aitkin, and eons past when Rice Lake drained south, to the Snake River. He talks about the floods and the attempts to drain the lake for agriculture.

Some lakes have needed re-seeding over the years, Michaa says. Others have been flooded out by dams and drained for farmland. Rice Lake is pristine, with a native strain of rice that dates back at least 10,000 years, when the last glaciers retreated.

Darrell points to his Uncle Niib, saying, “They’re the ones who made the sacrifices. We owe this all to them.”

At 3 p.m., the GoodSky brothers, Harvey and Algin, come in off the lake, Harvey poling while Algin knocks. Harvey’s fiancé, Morningstar, is there to meet them with their smiling son, Harvey the Third.

It’s another generation of fighters. The young brothers have testified against the Sandpiper and Line 3 pipelines, which would cross the watershed and threaten the water and rice.

The brothers are tired after six hours on the water, even though they switch places throughout the day.

Much of the rice has already been harvested, so it’s not a heavy haul.

Still, it was a good day, as it always is when you’re a Rice Laker, ricing on your refuge.



David “Niib” Aubid shared the history of the Rice Lake Band Sept. 19 as he waited at the landing for his poler.



After a day on the water, Harvey and Algin GoodSky were greeted by Harvey’s fiancé Morningstar Shabaish and their son Harvey the Third.



Green rice harvested by Jason Barber of Lac Courte Oreilles and Tashina Perry of Sandy Lake.



Veronica Skinaway was ready for ricing September 19 — complete with pink duct tape.

Harvest, Poach, Jig, Winnow: Ricing Process is Tribal Tradition

Brett Larson Staff Writer/Photographer

The Anishinaabe lunar calendar has 13 moons, or months. Late summer is “Manoominike Giizis,” or “Wild rice making moon.” It was the time rice would be harvested and processed into the staple food the Anishinaabe would depend on throughout the year.

During the weekend of Sept. 19 and 20, staff members, volunteers and guests at the Anishinaabe Izhitwaawin in Rutledge (aka the Ojibwe Language and Culture Center) were engaged in traditional activities that date back hundreds of years, to the time the Anishinaabe first laid eyes on the land “where food grows on the water.”

George Lussier of St. Paul was parching rice over an open fire, using a wooden paddle to stir the grains in a cast iron kettle. “My mom and grandma and dad did this up in Red Lake when I was pretty young. I got the opportunity to come here and help out, and it brought my spirit up. I never thought I’d do it again. It’s a good feeling.”

Green rice was drying in the sun. That step in the process kills the bugs that live in the rice, which need moisture to survive.

At the jigging pit, Joe Regguinti of the Leech Lake Band had his moccasins on and was “dancing” on the rice to separate the husks from the grain. “Back in the day they used to have a hand drum and sing songs for the person dancing on the rice,” said Joe.

He leaned against two poles tied to a tree trunk, to stay light on his feet. Too much weight, or a heavy step, can break the rice grains, so jigging was usually the job of young men, girls or boys.

At Mille Lacs, women were not allowed to jig rice after they’d reached maturity.

Out on the lawn, Laurie Harper, a Leech Lake Band member and Mille Lacs Band employee, was winnowing rice, using a birch bark tray to toss the rice in the air. “I need more wind,” she joked. Normally this was done on a windy day, with the breeze blowing the chaff away while the heavier rice grains

would fall back in the basket.

Adrienne Benjamin, who works at the center and brought the group together, was picking hulls out of finished rice — a painstaking process that would consume the long, dark days of winter. It’s the sort of activity that inspires silent contemplation or cheerful conversation.

Also taking part in the day’s activities was Band member Chris Matrious, who brought his daughter and nieces to learn about their traditions. Chris hopes to help out at Anishinaabe Izhitwaawin in the future.

As Chris watched and helped out with the ricing process, the young girls learned from Larry Barber of Lac Courtes Oreilles how to make a birch bark winnowing tray.

“I got the opportunity to come here and help out, and it brought my spirit up. I never thought I’d do it again. It’s a good feeling.”

— George Lussier

Ready for the harvest

The ricing season begins with preparation: making sure your equipment is ready, because you never know for sure when the rice will be ripe. As it gets close, you may see the heads starting to lean, or the bottom of the plant turning from green to brown.

“When you get out there you can open it up, and if it’s milky, it’s not ready yet,” said Joe. “It’ll sink when it’s ready. When it’s ripened up it’s heavier, as it takes up the nutrients from the ground.” The grains will gradually harden and darken from greenish to blackish — and then it’s a mad rush to get as much rice as you can during the short season.

As with many traditional activities of the Anishinaabe, ricing begins with putting out tobacco. Adrienne said that in earlier times, certain words might have been spoken, but today, a silent prayer may be offered, thanking the spirits, or asking for help and safety. “We’re offering the tobacco to the manidoog (spirits) who live in the water,” said Laurie. “We’re asking permission to be in their realm.”

Adrienne and Laurie have been out ricing several times this year. Adrienne prefers to pole while Laurie knocks, but if she’s with someone who prefers poling, she’ll try her hand

with the knockers.

The pole is usually made of cedar or tamarack — something hard, straight and light. A fork is attached to the bottom of the pole to better push off on the muddy bottom of the lake. It also protects the roots of the rice.

The knockers, also made of cedar, are used to pull the heavy heads of rice over the canoe and knock or brush them into the boat. Hundreds of pounds can be harvested in a day by a good ricing team. The finished rice will be about half the weight of the unfinished.

The poler needs great core strength and balance, according to Laurie. Both poler and knocker need to be focused on the task.

The harvesting process is not completely peaceful and calm. There are spiders and worms and other bugs. The ends of the rice have “beards” — long, thin hairs that fly everywhere — into your mouth, your nose, your ears, your eyes. That’s why some ricers wear mosquito nets over their faces, and most wrap duct tape around their clothing to keep the rice from getting up their shirts and down their pants.

Nowadays you often see a man poling and a woman knocking, or a young person poling and an elder knocking, but there are no set rules across Ojibwe country. In East Lake, the poler stands in the front of the canoe. In most other areas, the poler stands in the back.

“Years ago it was a woman’s role to be in charge of the rice camps,” said Laurie. “The men would be taking care of hunting and snaring. The kids would be helping or watching. My dad (Dennis Harper, White Earth Ojibwe) taught me it wasn’t until the 1940s or ‘50s that it became more of a male thing. Social security was introduced, and marriage was a big push. Men were told they had to support their families, which led to a shift in our cultural ways.”

While certain aspects of the culture have changed, and others will change in the future, some things are timeless: the need for good tasting, healthy food; the pride that comes from self-sufficiency; the joy of companionship with friends and family; and the serenity of a day on the lake.



George Lussier parched the rice, which roasts the kernel and loosens the hull from the grain.



Laurie Harper winnowed the rice, which uses wind to blow away the chaff.



Joe Regguinti jigged or hulled the rice, which removes the chaff from the rice kernel.

Ricing terminology:

- Manoomin:** rice
- Akik:** kettle
- Gidasigaade:** to parch
- Nooshkaachigaade:** to winnow
- Mimigoshkan:** to jig
- Bawa’am:** to knock
- Gaandakii’igan:** push pole
- Nooshkaachinaagan:** winnowing basket



Adrienne Benjamin picked remaining chaff from the finished rice, making it ready for the cooking pot.

Nay Ah Shing Launches Anti-Bullying Program

Nay Ah Shing schools have instituted a new Bullying Prevention Program called Olweus. This program is being used all over the world to educate students and adults about bullying and to combat bullying in schools and the community.

It is designed for all students, is researched based, and is focused on changing norms and restructuring the school setting. The program is based around school, individual, classroom, community, and parent support.

Nay Ah Shing will be using the program to educate students on how to identify bullying behavior, how to address it, and how to put a stop to it.

The program will focus on four major anti-bullying rules. 1) We will not bully others. 2) I will try to help students who are being bullied. 3) We will try to include students who are being left out. 4) If we know somebody is being bullied we will tell an adult at school and an adult at home.

Social studies teacher Amanda Sorby, who helped to bring the program to the school, said, "We hope that this program gives students the tools and knowledge to follow these rules throughout life and to provide a positive safe environment for them in school and the community."

Nay Ah Shing is throwing an Olweus kickoff event on October 2, 2015, at 1 p.m. at Nay Ah Shing High School. All students will have Olweus t-shirts. A drum group will play, and there will be balloon release signifying the students' commitment to not bully, followed by a fun run through the community.

"We invite the community to attend our event because having the community involved is a huge step in wiping out bullying," Amanda said. "We are very excited for this program and we have high hopes for its success in the coming school year."

Are you an Elder or do you know an Elder who has a story to tell?

The *Ojibwe Inaajimowin* is looking for Elder stories for upcoming issues. Send your name, contact information, and a brief description of the Elder you would like to feature to toya@redcircleagency.com, brett@redcircleagency.com or mick@redcircleagency.com or call Mick at 612-465-8018.

Interested in submitting to the *Inaajimowin*?

Send your submissions and birthday announcements to Mick Sawinski at mick@redcircleagency.com or call 612-465-8018.

The November issue deadline is October 15.

Where There's Smoke, There's Firefighters

Brett Larson Staff Writer **Richard Shaugobay and Jeremy Boyd** Photos Submitted By



Back home in early September, Richard and Jeremy were conducting prescribed burns for the Mille Lacs Band DNR.

The night wildland firefighters Richard Shaugobay and Jeremy Boyd arrived in Montana, they went straight to work, digging a trench in the dark to keep the fire from damaging a wooden bridge.

For the second year in a row, Richard and Jeremy spent two weeks fighting forest fires in the western U.S. Last year they were in the Mt. Hood area of Oregon. This year it was the Bob Marshall Wilderness in western Montana, just south of Glacier National Park.

Richard and Jeremy left on Aug. 17 with a 20-man crew of Minnesotans. "They call us 'flatlanders' out there," said Jeremy. He's the more experienced of the two, having completed his training 12 years ago, and with eight trips under his belt.

After two weeks of living at a ranger station in the wilderness, they returned home Sept. 3 — in better shape, with a few more stories to tell.

DNR Commissioner Susan Klapel is glad they're back. "All my life I've known wildland firefighters, and I am amazed and proud of these guys for what they do," she said. "I worry constantly until I know they are coming home."

Last year their friend Cortney Nadeau accompanied them, but this year the Forest Service only requested two fire-

fighters from the Band. All three have completed training in wildland firefighting.

Both Richard and Jeremy enjoyed the experience, even though it involved a long drive, crazy hours and the dangerous unpredictability of wildfires.

For Richard, the scenery made it all worth it. They spent the entire time in the rugged mountains of the Flathead National Forest. "Those are views you don't see every day," he said.

"It's a lot of fun," added Jeremy. "Like a paid vacation."

Yeah, if your idea of vacation is lugging a pack through the mountains, digging trenches all day, or running for your life from an out-of-control forest fire.

On a typical day they were up at 6:30 for breakfast, which was cooked by three women who stayed at the ranger station.

They'd make their own lunch from food laid out by the cooks, followed by a briefing session on the status of the fire. Then it was time to hit the fire, where they might spend the whole day "digging lines" — 18-inch trenches through leaves and duff, down to the soil, to try to stop the fire in its tracks.

Other days they might walk gridlines all day: criss-crossing the burned-over areas to make sure the fire was completely out.

By the end of the day, they were beat. "As soon as the boots were off, I'd be asleep," said Richard.

Their most exciting day was when a back-burn turned and jumped the road. They spent an hour and a half hiking five miles to stay out of harm's way.

There were definitely some low points. The blisters. Sleeping on the ground without a mattress. And no cell phone reception. "It took a few days to get used to not having a phone," said Jeremy.

"Like going back in time," Richard added.

And then there were the packs. A gallon and a half of water weighs 12 pounds. Throw in the hand tools, lunch and a fire shelter that weighs another 12 pounds. If an out-of-control fire comes your way, and you can't outrun it, you climb in the shelter and let it burn over you. Neither Richard nor Jeremy has had that happen yet, but they've heard it sounds like a freight train when the fire burns through.

In spite of the labor and the danger, it was worth it. Both men will be ready to go the next time duty calls.

Richard looks forward to another "vacation" in the mountains. Jeremy, too. "I want to do it until the day I die," he said.

October is the Falling Leaves Moon

Toya Stewart Downey Staff Writer

For generations, the Anishinaabe have kept track of the seasons by giving distinctive names to each recurring full moon. The names of the moons are associated by each month, rather than its phases during the month.

There are eight distinct continual phases that the moon travels through each month. There are four main lunar phases: first quarter, full moon, third quarter and the new moon.

The moon, or giizis, for the month of October is called Binaakwe-giizis, which means falling leaves moon.

Band Elder and traditional Healer Herb Sam said it's important that the Anishinaabe respect the moon.

"It's another relative of ours...another relative that helps us," Herb said. "It helps to understand the moons and that there are different types of moons."

He added that the moon is another spirit that Anishinaabe can ask for help so people need to humble themselves before it.

The Inaajimowin will include the name of the moon for each month going forward. Those who want to share stories about a particular moon or contribute to the teaching about the moons are welcome to assist.

Familiar Faces Help Pine Grove Students Feel at Home

Brett Larson Staff Writer/Photographer

For students at Pine Grove Leadership Academy, the day begins when bus driver Dennis “Gilly” Gilbert drops them off at school and they run down the blacktop path to the doors.

Waiting for them is a hot breakfast laid out by Alida Colton, the office coordinator who answers phones, does the paperwork, makes sure kids are coming to school, and fills in as a sub when necessary.

Also there to meet them and eat with them are their two teachers, Amber Lenz and Janis Kislenger.

After breakfast the students split into two classes. Students in kindergarten through second grade go with Amber, and those in third through sixth with Janis.

Both classes begin with a morning meeting to prepare for the day.

The rest of the morning is spent on reading, math and Ojibwe language and culture, which is taught by Donald “Duck” White.

After lunch, some students meet via ITV (Interactive Television) with their compatriots at the Mille Lacs campus of Nay Ah Shing. The sixth graders learn social studies and science over ITV, and fifth graders join them for math.

Amber trades lessons via ITV with Laurie Rupp, the kindergarten teacher at Nay Ah Shing. The classes convene for morning meeting and again in the afternoon for social studies and science.

This year marks a new era for Pine Grove as it transitions from a charter school and learning center to a satellite of Nay Ah Shing.

The new designation was a major accomplishment. The Band had to receive a waiver from the Bureau of Indian Education, which has a policy against opening any new schools. Thanks to the hard work of several Band employees and officials, the proposal was accepted.

Amber Lenz taught at Pine Grove when it was a charter school, and Principal Jane Harstad said she was eager to hire Amber back as a lead teacher. “It’s great to have someone who knows the community and the culture,” Jane said.

Alida Colton added, “The kids who knew her were happy she came back.”

Janis Kislenger has taught at Pine Grove for four years. Her return to the “new” Pine Grove gives students and the community a sense of continuity.

“These kids deserve a lot of credit for keeping the school going,” said Janis. “When we could’ve given up, they kept coming. They have played a huge part in the history of their community.” She also credits Rick St. Germaine and his wife Rebecca for their efforts in keeping the school open.

Janis has worked for the Band in various capacities for more than 20 years. She’s been a GED teacher in all three districts, and she’s worked at the Hinckley casino. Her grandparents had a farm on the Rice Lake Wildlife Refuge, so her family always had close ties to the District II community.

Janis said it’s a challenge implementing a new curriculum and integrating ITV technology into her teaching, but she’s glad for the support from teachers and administrators at Nay Ah Shing. In the past she felt isolated at Pine Grove, but that’s changed with the school’s new status. She and Amber meet with Nay Ah Shing teachers over ITV, and Principal Jane Harstad visits campus at least once a week.

Jane is appreciative of the teachers’ role in keeping the school going throughout the years. “If it weren’t for our teachers, there wouldn’t be a school here,” Jane said. “They helped keep the school afloat during some challenging times. It’s difficult working with multiple grade levels, and Amber and Janis do an excellent job.”



Janis Kislenger opens the day with a morning meeting.



Amber Lenz, who teaches kindergarten through second grade, showed her students how to make birdfeeders from pine cones.

New Art Exhibit ‘On Home Ground’ at Indian Museum

Minnesota Historical Society news release

A new art exhibit, “On Home Ground,” recently opened at the Mille Lacs Indian Museum and Trading Post, featuring the work of internationally renowned artist Steve Premo. Premo is a member of the Mille Lacs Band of Ojibwe, and the show includes about 30 of his works from paintings and photographs to material patterns. “I offer to tell a version of Native Americans’ existence in Minnesota, through paintings, drawings and design,” he says. “As a child, I toured the galleries with school outings and realized, history is told by art and held by the care given to maintain the world and local history.”

Premo’s work has included everything from illustrating Night Flying Woman by Ignatia Broker to designing a plaque honoring Minnesota’s Dakota and Ojibwe veterans on the veterans’ mall at the Minnesota State Capitol. In 2009, he was the winning artist of a national competition to design a Pendleton Blanket to commemorate the 40th anniversary of the National Indian Education Association. He has created murals for the Grand Casino Mille Lacs, the Grand Casino Hinckley, the Mille Lacs Band Government Center, the Grand Makwa Cinema, the Hinckley Fire Museum and more. He currently works as a graphic artist for the Mille Lacs Band of Ojibwe.

“On Home Ground” will be on display at the Mille Lacs Indian Museum and Trading Post through Oct. 31, 2015 and is free and open to the public



Steve Premo



These and other works are on display through October 31.





Oshki-Nitaaged A’aw Abinoojiinh A Child’s First Kill

Lee Staples Gaa-Anishinaabemod Obizaan **Chato Gonzalez** Gaa-Anishinaabewibii’ang Ombishkebines

Gegeta’awAnishinaabeomanaajitoongakinagegoowenjida’i’w’gaa-miinigoowiziyang ge-inanjigeyang anishinaabewiyang. Ishke ingiw awesiinyag mii ingiw nitam gaa-nakodangig wii-naadamawaawaad inow Anishinaaben ishkweyaang gaa-ayaanijin i’iwapii gii-moonenimind a’aw Anishinaabe ezhi-gidimaagizid i’iw bimaadiziwin. Mii owapii a’aw Niigaani-manidoo gii-pi-azhegiowed gii-moonenimaad ezhi-gidimaagizid inow odanishinaabeman. Mii dash gii-nandwewemaad inow Manidoon da-bi-naadamawind a’aw Anishinaabe. Mii dash ingiw nitam ingiw awesiinyag gaa-pi-zaagewejig gii-pi-waakaabiitawaawaad inow Niigaani-manidoon. Mii dash iwapii gii-nakodamowaad wii-naadamawaawaad inow Anishinaaben miinawaa gii-nakodamowaad ge-ondanjiged a’aw Anishinaabe inow awesiinyan.

The Anishinaabe treats everything respectfully especially the foods we were given to eat as Anishinaabe. It was the animals that first came forward and agreed to help the Anishinaabe when they realized how pitiful the Anishinaabe were. It was at that time that the Creator realized how pitiful his Anishinaabe were and came back. It was then that he called on the Manidoog to come help the Anishinaabe. It was the animals that first appeared and sat around the creator. It was at that time that they agreed to help the Anishinaabe and be a source of food for the Anishinaabe.

Mii gaye ingiw akiwenziyibaneg gaa-inaajimowaad iwapii a’aw Niigaani-manidoo gii-nandwewemaad inow Manidoon da-bi-naadamawind a’aw Anishinaabe, mii a’aw gaa-pi-zaagewed a’aw gimishoomisinaan. Geget gii-mindido. Mii ingiw Anishinaabeg imaa gaa-ayaajig i’iwapii ogii-noondawaawaan ani-bimi-ayaanid iwidi giiwedidong ani-ditibishing a’aw gimishoomisinaan. Mii dash owapii inow zaaga’iganiin miinawaa ziibiwan gii-izhichigaadeg da-onda’ibiid a’aw Anishinaabe. Mii dash owapii wii-gitigaazod a’aw giigoonh miinawaa i’iw manoomin. Mii dash i’iw wenji-manaajitood gaa-miinigoowizid a’aw Anishinaabe da-inanjiged, ingiw Manidoog gigii-miinigonaanig miinawaa gii-shawenimaawaad odanishinaabemiwaan. Ishke dash mii iw wenji-asemaaked naa zagaswe’idid oshki-nitaaged awiya.

The old men also said that while the creator was there calling upon the Manidoog to help the people, a large Manidoo also appeared. That Manidoo was really big. The Anishinaabe that were there at that time heard that Manidoo rolling in the north. It was at that time that the lakes and the rivers were created giving the Anishinaabe a place to get their water from. It was at that time that the fish were planted along with the wild rice. That is why the Anishinaabe treats those foods respectfully, because it was a gift to us from those Manidoog and a reflection of their compassion for us. So this is why the Anishinaabe does a tobacco and food offering at the time a young person kills his first animal or deer, or catches their first fish.

Ishke dash gii-kwiizewensiwiyaan, mii a’aw wayeshkad a’aw giigoonh gaa-tebibinag gaa-agwaawebinag, mii a’aw namebin ezhi-wiinind. Azhigwa gaa-pi-giweyaan, mii a’aw mindimooyeyiban gaa-nitaawigi’id mii iw gaabige gii-ozhiitaad gii-chiibaakwed gii-sagaswe’idiyaang weweni gii-toodawaawaad inow giigoonyan gaa-oshki-debibinimagin.

When I was a young boy the first fish that I caught was a sucker. When I came home the old lady that raised me started to do her cooking so that we could feast as a way to treat the fish that I first caught respectfully.

Akawe sa wiin igo ogii-nandomaawaan inow nizhishenyibanen, mii inow gaa-nitaa-wewebanaabiinjin. Mii dash gaa-ikidowaad, “Mii imaa ge-ondinaman da-wenda-nitaa-wewebanaabiyan giniigaaniiming miinawaa apane da-wenda-waanaji’adwaa giigoonyag.” Mii dash a’aw akiwenziyiban gii-mooshkina’aad inow odoopwaaganan, gaa-ni-giizhiitaad ani-naabishkaaged inow asemaan, mii dash iwidi gii-apagizomaad inow asemaan miinawaa i’iw wiisiniwin enabiwaad ingiw Manidoog gii-miigwechiwitaagozid gii-miinigoowiziyang anishinaabewiyang a’aw giigoonh da-amwang miinawaa da-ni-naadamaagoowiziyaan gaye niin da-wenda-nitaa-wewebanaabiyaan niniigaaniiming.

Before we feasted they called on an uncle of mine who they considered to be a good fisherman. It was then that I was told, “It is from there that you will get your ability to be a good fisherman and that you will never be lacking for fish.” That old man filled his pipe, once he had smoked it he then offered the tobacco and food to where all the Manidoog sit thanking them for giving us as Anishinaabe the fish to eat and for me to be helped to be an especially good fisherman in my future.

Mii dash gaye gaa-izhichigewaad i’iw wayeshkad gii-nitooyaan gegoo. Mii a’aw akiwenziyiban mitigwaabiin naa bikwak nigii-ozhitamaag da-aabaji’ag da-giiwoseyaan. Mii dash a’aw wayeshkad gaa-nisag mii a’aw bineshiinh. Mii-go dibishkoo gaa-izhichigewaad. Weweni asemaa miinawaa wiisiniwin gii-atoowaad miinawaa gii-nandomaawaad netaa-giwwosenijin. Mii-go imaa miinawaa weweni gii-toodawindwaa ingiw Manidoog miinawaa a’aw bineshiinh gaa-nisag.

They did the very same thing when I had my first kill. The old man made me a bow and arrow to use when I hunted. The first thing that I had killed was a bird. They did the very same thing. They put tobacco and food and invited a person who was considered a good hunter to the feast. It was there that the Manidoog were treated respectfully and also the bird that I killed.

Ishke a’aw gwiizewens owapii oshki-nisaad inow waawaashkeshiwan, mii gaye imaa api a’aw asemaa naa wiisiniwin gii-achigaadeg. Mii i’iw aanind a’aw Anishinaabe ezhichiged, mii imaa okaakiganaaning a’aw waawaashkeshi mii imaa wendingaadeg i’iw wiiyaas eshangeng iwapii zagaswe’idid. Mii i’iw aanind gaye a’aw Anishinaabe ezhichiged, mii a’aw gwiizewens gaa-nitaaged mii-go ezhi-miigiwed gakina i’iw waawaashkeshiwi-wiiyaas ashamaad inow gechi-aya’aawinijin.

When a young man kills his first deer, a tobacco and food offering is also made. What some of our Anishinaabe do, they get the meat from the chest of the deer and that is the meat that is offered up in the feast. What some Anishinaabe do is also, is that the young man who just killed his first deer gives all the deer meat away to the elders.

Ishke dash gaye aanind a’aw Anishinaabe gaa-izhi-gikinoo’amawind i’iwapii oshki-nisaad inow waawaashkeshiwan, mii-go imaa gaabige zhakamoonind a’aw gwiizewens i’iw wiiyaas imaa gaa-ondinigaadenig o’ow ode’ing a’aw waawaashkeshi.

What some of our Anishinaabe also do is soon after a young man kills his first deer is a piece of the meat is cut from the heart of that deer and is given to the young man to eat.



A deer ceremony was held Sept. 4 at the District I cultural grounds, hosted by Doug Sam. The pipe and dish ceremony to bless the deer harvest was conducted by Obizaan (Lee Staples), followed by a meal. Chief Executive Melanie Benjamin and District I Representative Sandi Blake (pictured) participated along with many Band members and guests.

Department of Labor Gotaamigozi Recognition

Every month, the Mille Lacs Band of Ojibwe Department of Labor (DOL) serves hundreds of Band members and their families. DOL Director Michael Kafka said his staff wants to show respect for the courage and cooperation clients have shown in working to build a life of accomplishment and self-reliance and become a “gotaamigozi” — a good worker and provider. Each client has a unique story of how and why they came to the Department for assistance.

This month, Anna Greer has been kind enough to share some thoughts of her experience with the Department of Labor.

What brought you to the MLBODOL?

I am a TANF recipient, during my orientation Laurie talked about her program and I was interested, so I signed up.

How did the DOL help you?

Laurie got me an intern position at American Indian Family Center, and she has been so supportive. My case manager Jean Howard, has been extremely supportive. Everyone at DOL is so helpful, caring and supportive.

What did you gain from your experience? How has your life changed?

I gained full time employment at an amazing job! I am 100 percent self sufficient and financially stable. I can provide for

family stress free. I don't have anxiety about how I will pay my bills, and feed my kids.

Do you have any advice to someone considering DOL services?

My advice would be to go for it. It may get stressful during your 720 hours by working for 8 bucks an hour, but the outcome is phenomenal! By finishing the program, my bonus at the end paid off my fines so I was able to get my driver's license back!

Any closing thoughts?

I just want to say thank you to everyone at the DOL and Mille Lacs Band. I am so grateful to have been a part of this program, and get all my services from DOL. At the county you are just a number, but here, I am so much more than that. The personal relationship you have with your case worker and everyone from the receptionist (now intake specialist) Sandra to Alberta, they all make you feel welcome and encourage you to work towards your full potential.

Congratulations Anna from everyone at the Department of Labor.

The Mille Lacs Band of Ojibwe Department of Labor provides assistance, support, and training to promote employment and the self-sufficiency of low-income Native



Anna Greer is recognized by the Department of Labor as a “gotaamigozi” — a good worker and provider.

Americans living within one of the Minnesota townships of Aitkin, Benton, Crow Wing, Mille Lacs, Morrison or Pine counties, or within one of the urban Minnesota counties of Hennepin, Anoka, and Ramsey.

Federal Grant Funds DOL Fleet



Band members may notice Department of Labor (DOL) Community Service Crews pulling their trailers with new

blue Ford Expeditions. These vehicles were paid for entirely with federal funds. DOL Executive Director Mike Kafka explained, “The Acadias we had were just not up to the job of pulling our heavy trailers, especially in winter conditions. We need to keep our crews safe and meet the service standards our Elders expect. We are fortunate to have these federal funds and avoid drawing on net revenue.” The new Expeditions will be used by the Department's work-experience program, which gives Band members re-entering the workforce the opportunity to build a resume and reputation as gotaamiigozi (a good worker/provider). “The Acadias (which were also paid for with federal funds) will now be used for our youth programming staff and cash assistance case managers in the reservation service area, improving the safety and service levels of those programs” said Mike.

Band Member named Executive Director of Minnesota Indian Affairs Council

Congratulations to Chief Justice Rayna Churchill for her appointment as the new Executive Director of Minnesota Indian Affairs Council. Rayna's appointment was announced by MIAC Board Chair Kevin Leecy on Sept. 14 during the Minnesota Indian Affairs Council meeting.

Rayna replaces Annamarie Hill, who served as the executive director since 2006. Chief Executive Melanie Benjamin serves as one of the board members.

Chief Executive Melanie Benjamin said she was very pleased with Rayna's appointment. “As tribal leaders, when we have a chance to advocated for Band members, we do it. Rayna has our full support, and Rayna will do well.”

For more on this story, see the November issue of Ojibwe *Inaajimowin*.

The Council is the official liaison between Minnesota and the 11 tribal governments within the State. It provides a forum for and advises state government on issues of concern to urban Indian communities. The Council administers three programs designed to enhance economic opportunities and protect cul-

tural resources for the state's Native American constituencies. It places a large role in the development of state legislation and monitors programs that affects the state's American Indian population and tribal governments. The mission of the Indian Affairs Council is to protect the sovereignty of the Minnesota tribes and ensure the well-being of Native Americans throughout the state.



Bullying: It's Not Just a Problem at Schools

Donna Sutton, RN

Have you ever felt, as an adult, that you were not free to make your own choices? Are you able to visit or call your family or friends when you want to? Are you in control of your own money? Do you feel like you are walking on eggshells in your own home and that you have to be careful about what and how you say things so that another family member doesn't blow up? Are you free to say no to your partner's sexual advances?

Bullies are everywhere. In school, kids are encouraged to speak up and make use of adult allies such as teachers and school counselors. But what if the bully lives in your home? What if YOU are the bully and you don't know how to act any differently.

According to Cangleska, Inc., a Native American research group, 40% of women in prison for felony convic-

tions are there because they killed an abusive partner/spouse. These women didn't come into this world destined to become murderers. They were targets of bullies.

Abuse comes in many forms — physical, sexual, verbal, financial, emotional. Neglect is another form of abuse. The bullies can be men, women, elderly or young people. Those bullied can be men, women, elderly or young people. We all know the problem is wide-spread and that it is often so common place that it is accepted as “normal.”

However, violence is a learned behavior. It is a behavior that can be changed. The Mille Lacs Band has many programs to help. Ask for help if you need it. Offer help if you see someone else needing it.

- **Batterer's Intervention Program**
Desiree Montonye: (w) 320-532-4624

- **Sexual Assault**
Dana Skinaway Sam: (w) 320-532-4780, (c) 320-630-2426
- **Elder Abuse Program**
Cindi Douglas: (w) 218-768-3311, (c) 320-630-2660
Davis Sam: (w) 320-532-7802, (c) 320-630-2676
- **Community Advocates (Family Violence Prevention)**
Mary Sue Anderson: (w) 218-768-4412, (c) 320-630-2678
Petra Mauricio: (w) 320-532-4780, (c) 320-292-1646
- **Criminal Justice Intervention**
Rena Hales: (w) 320-532-7875, (c) 320-292-1566
- **Women's Shelter Crisis**
866-867-4006

TRIBAL NOTEBOARD

Happy October Birthday to Mille Lacs Band Elders!

Diana Marie Anderson
Mary Ann Bedausky
Sheldon Ray Boyd
Vivian Ann Bruce
Marvin Ray Bruneau
Donna Marie Dorr Cartwright
Archie Dahl Cash
Albert Abner Churchill Jr.
Steven Lawrence Churchill
Ervin Wayne Crown
Harold William Davis
Darlene Marie Day-Beaulieu
James F. Dowell Jr.
Joycelyn Marie Drumbeater
Jack Leo Dunkley
Byron William Garbow
Gary Richard Garbow
Helena Graikowski
Lucy May Hansen

Marene Hedstrom
Delores Mae Hegland
William Robert Hemming
Steven Blane Hensley
Sherry Lynn Herrick
Charles Allen Houle Jr.
Doreen Lorraine Knutson
Valerie Marie LaFave
Terrance Steven Leyk
Joan Littlewolf
Marcella Jean Maurice
Jacqueline Applegate McRae
Betty Mae Mondeng
Brenda Joyce Moose
Beverly Marie Nayquonabe
Aurelius J. Nickaboine
Teresa Lynn Packard
BerniceP ewaush
Dorothy Sam
Fred Sam Jr.
Virginia Louise Sam
James Robert Schroeder
Merle Skinaway
Beverly Jean Smith

Charlene Marie Smith
Nancy Jean Spittell
Montgomery Jay Staples
Jay Star
Russell Ernest Towle
Jill Marie Valentino
Darlene Almeda Warren
Earl Ellsworth Whitney
Nancy Marie Zeleznik

Happy October Birthdays:

Happy birthday **Vincent** on 10/11, from Louise, Rod, Shane, Courtney, Connor, and Emma.
• We would like to wish a Very Happy 3rd Birthday to Our Beautiful Granddaughter, Grammas “Sweets” **Emma Ann Shingobe** on 10/12. Love you Sweets!!! From Gramma Louise, Papa Rod, Uncle Shane, Uncle Connor, and Max!! •

Happy birthday **Sean** on 10/17, Love Cedez, Mom, Gerald, Levi, Levin, Wade, Sheldon, Jodi, Grant An Rico, Penny An BabyAves, Kacie, Hayde An Caylz, and Erica An Maria. • Happy birthday **Maria Kaylyn** on 10/18, love GrammaB, Papa, Cedez, AuntyJoJo, AuntyChew An BabyAveS, UncleLevi, UncleWade, We’ehVin, We’ehBert, UncleSean, Kacie, Your Sisters Hayde An Caylz, and UncleGranty An RicoHarvey.
• Happy birthday **Christopher Michael Sam** on 10/20, from Mom and all your family. We love you! • Happy birthday **Eric** on 10/25, love Dad, Melissa, Braelyn, Peyton, Wesley, Brynley, Bianca, Grannie, Papa Kyle, Papa Brad, Bruce, Jayla, Lileah, Val, Pie, Kev, Randi, Rachel, Jay, Taylor, and Adam.

• Happy birthday **Virginia Louise Sam** on 10/26, love, your family and all your kids.
• Happy birthday **Will Day** on 10/30, from mom, daddy Aaron, sister and uncle Tramp. We love you, have a wonderful Birthday!
• Happy birthday **Melodie** on 10/31, love Mom, Grama Sharon, Papa Wally, Karen, Val, Pie, Kevin, Tracy, Shelby, Max, Aidan, Jarvis, Jacob, Aiva, Mark, Emery, and DeBreanna.

Submit Birthday Announcements

Send name, birthday and a brief message that is **20 WORDS OR LESS** to Mick Sawinski at mick@redcircleagency.com or **call 612-465-8018**.
The deadline for the November issue is October 15.

Mille Lacs Indian Museum October Events

Kids Crafts: Bead a Ring

Saturday, October 3

Time: 11 a.m.–3 p.m.

Fee: \$3 per kit (museum admission not included)

Learn a basic stringing technique while beading a ring to take home. Allow an hour to make the craft. Recommended for ages 8 and up.

Great Lakes Woodland Skirts Fashion Show

Saturday, October 10

Time: 6 p.m.–9 p.m.

Fee: Free

This fashion show is a collaboration between Delina White and her two daughters, Lavender Hunt and Sage Davis, all enrolled members of the Minnesota Chippewa Tribe who live on the Leech Lake Reservation. The event showcases traditional skirts of the native peoples of the Great Lakes region. For more information visit: iamanishinaabe.com.

Sweetgrass Basket Workshop

Saturday, October 24 and Sunday, October 25

Time: 12 p.m.–4 p.m. Saturday and 10 a.m. – 2 p.m. Sunday

Fee: \$60 public, \$55 MN Historical Society members, additional \$15 supply fee

Learn the art of making a coil sweetgrass basket in this two-day workshop. Sweetgrass is a fragrant sacred herb used in ceremonies and artwork by the Ojibwe. Refreshments and a light lunch will be provided on both days.

On Home Ground Art Show Closing

Saturday, October 31

Time: 10 a.m.–5 p.m.

Fee: \$60 public, \$55 MN Historical Society members, additional \$15 supply fee

“On Home Ground” is an art show by Mille Lacs Band member Steve Premo, an internationally renowned artist. The show features about 30 pieces by Premo made up of paintings, photos and material patterns. Premo is a graduate of the American Indian Institute of Arts and currently works doing graphic design for the Mille Lacs Band.

UPCOMING EVENTS

Warrior’s Day

Wednesday, November 11

Mii Gwetch Day

Thursday, November 26 and Friday, November 27

Tentative October Band Assembly Schedule

Band Assembly is scheduled to meet at the following times and places. Meetings typically start at 10 a.m. All dates and times are subject to change.

District I

Thursday, October 1

Eddy’s Resort meeting room

Tuesday, October 27

Nay Ah Shing Band Assembly Chambers

Thursday, October 29

Nay Ah Shing Band Assembly Chambers

District II

Thursday, October 6

Minisinaakwaang Assisted Living Units

District IIA

Thursday, October 8

Chiminising Community Center

District III

Thursday, October 13

Aazhoomog Community Center

Thursday, October 15

Grand Casino Hinckley

14 INAAJIMOWIN OCTOBER 2015

OCTOBER CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Want your event here? Email mick@redcircleagency.com or call 612-465-8018. Visit millelacsband.com/calendar for additional Mille Lacs Band events				1	2	3 Kids Crafts: Bead a Ring 11 a.m.–3 p.m. ML Indian Museum See page 14
4	5 Minobimaadiziwin Ceremonial Sweats 6:30 p.m. All are invited. Open Gym 6-9:30 p.m. DI Community Center	6	7 Circle of Health Outreach 1–4 p.m. Aazhoomog Clinic Open Gym 6-9:30 p.m. DI Community Center	8 March for Peace 3:30–8:30 p.m. Community Center Gym Open Gym 6–9:30 p.m. DI Community Center	9	10 Great Lakes Woodland Skirts Fashion Show 6–9 p.m. ML Indian Museum See page 14
11	12 American Indian Day Government offices closed Minobimaadiziwin Ceremonial Sweats AMVets Post 53 Meeting 6 p.m. Grand Northern Grill at Grand Casino Mille Lacs. Open Gym	13	14 Circle of Health Outreach 1–4 p.m. Urban Office DI Community Meeeting 5:30 p.m. Open Gym 6–9:30 p.m. DI Community Center	15 Open Gym 6–9:30 p.m. DI Community Center	16 Legislative Committee meetings 12–4 p.m. dining room Chiminising Community Center Employee Appreciation Day Government offices closed	17
18	19 Minobimaadiziwin Ceremonial Sweats Open Gym 6–9:30 p.m. DI Community Center	20 Mille Lacs Band Community Health Fair 10 a.m.–3 p.m. Aazhoomog Community Center	21 Mille Lacs Band Community Health Fair 10 a.m.–3 p.m. East Lake Community Center Aazhoomog Community Meeeting 5:30 p.m. Grand Casino Hinckley Event Center Open Gym	22 Mille Lacs Band Community Health Fair 10 a.m.–3 p.m. D1 Community Center Open Gym 6–9:30 p.m. DI Community Center	23 Mille Lacs Band Community Health Fair 10 a.m.–3 p.m. Chiminising Community Center	24 Sweetgrass Basket Workshop 12–4 p.m. ML Indian Museum See page 14
25 Sweetgrass Basket Workshop 10 a.m.–2 p.m. ML Indian Museum See page 14	26 Minobimaadiziwin Ceremonial Sweats Open Gym 6–9:30 p.m. DI Community Center	27 Healthy Heart 9 a.m.–1 p.m. DI Community Center Community/ Elder Room Sobriety Feast 4–9 p.m. DI Community Center Gym	28 Circle of Health Outreach 1–4 p.m. Isle Community Center Circle of Heath Outreach 1–4 p.m. Chiminising Community Center Community Meeting 5:30 p.m. Chiminising Community Center DII-A Community Meeting 5:30 p.m. Isle Community Center	29 Sobriety Feast 5:30 p.m. Chiminising Community Center Minisinaakwaang Community Meeting 5:30 p.m. Open Gym 6–9:30 p.m. DI Community Center DII Community Meeting 5:30 p.m. East Lake Community Center	30 Halloween Party 5:30 p.m. Chiminising Community Center Halloween Party 5–8:00 p.m. DI Community Center	31 On Home Ground Art Show Closing 10 a.m.–5 p.m.

Infant Sleep Safety

Kari DiGiovanni, RN

It is helpful to understand the importance of infant sleep safety and its importance in preventing SIDS. There is a higher incidence of SIDs (sudden infant death syndrome) in Native American communities. SIDS is the sudden, unexplained death of a baby that doesn't have a known cause even after a completed investigation. It is the leading cause of death in babies 1 month to 1 year of age. Most SIDs deaths happen when babies are between 1 month and 4 months of age.

There are several steps that can be taken to decrease the risk of SIDS for your baby:

- Babies sleep safest on their backs. They are much less likely to die of SIDS, than babies who sleep on their stomachs or sides.
- Every sleep time counts. They should sleep on their backs for ALL sleep times — naps and at night.
- Sleep surface matters. Babies who sleep on a soft surface, such as an adult bed, on a couch, or under a soft covering, are more likely to die of SIDS or suffocation. They need a firm, flat surface. Keep soft objects, toys, and loose bedding out of baby's sleep area.
- Smoke-free environments reduce the risk. Women who quit smoking during pregnancy reduce the risk of SIDS. Homes and vehicles that are smoke-free reduces the risk of SIDS.
- Breastfeed your baby. Breastfeeding has many health benefits for mother and baby, including decreased risk for SIDS. When breastfeeding baby at night, put him/her back in crib when feeding is done.
- Do not let your baby get too hot during sleep. Dress your

baby in light clothing or no more than one layer more of clothing than an adult would wear to be comfortable. Keep room temps at comfortable level for an adult.

- Give your baby plenty of Tummy Time. Supervised Tummy Time helps your baby's neck, shoulder, and arm muscles get stronger. It also helps to prevent flat spots on the back of your baby's head.

For more information on sleep safety, check out this website: nichd.nih.gov/sts/Pages/default.aspx or call the **MLB Public Health team at 320-532-7775.**

Child Support Enforcement Update

Electronic Funds Transfer (EFT)

If a Child Support Client would like their Child Support check to be directly deposited via EFT to their bank account they will need to give OMB their bank account information not the Child Support office. Any questions about EFT please contact OMB.

Updated addresses and phone numbers

The Child Support office would like to remind all Child Support clients the importance of updating your address and phone numbers with our office. At any given time we could possibly need to contact our clients regarding payments, updates or concerns with their case. When a client updates OMB or Enrollments with a new address we do not get that update so please update the Child Support office as well.

If you have any questions or concerns with your case, please contact your Case Manager below:

Shannon Nayquonabe — District I Case Manager:

320-532-7453

Tammy Smith — District II, Ila, III and Urban Case Manager: 320-532-7752

The Child Support office will be closed all day on October 12, 2015 for American Indian Day.

If you have any questions or concerns contact our office directly at 320-532-7755.

Take these simple steps to help your children have a fun and safe Halloween

- Children shouldn't snack while they're out trick-or-treating. Urge your children to wait until they get home and you have had a chance to inspect the contents of their "goody bags."
- To help prevent children from snacking, give them a light meal or snack before they head out — don't send them out on an empty stomach.
- Tell children not to accept — and especially not to eat —f anything that isn't commercially wrapped.
- Parents of very young children should remove any choking hazards such as gum, peanuts, hard candies or small toys.
- Inspect commercially wrapped treats for signs of tampering, such as an unusual appearance or discoloration, tiny pinholes, or tears in wrappers. Throw away anything that looks suspicious.

Source: fda.gov/Food/ResourcesForYou/Consumers



MILLE LACS
CORPORATE VENTURES

-  **GREAT FOOD**
-  **DOOR PRIZES**
-  **ENTERTAINMENT**
-  **GOOD CONVERSATION**

Mille Lacs Corporate Ventures Invites You

16th Annual Feast for all Mille Lacs Band Members
Thursday, November 19, 2015
Doors open & seating starts at 5 p.m.
Invocation/welcome at 5:30 p.m.
Dinner at 6 p.m.
Entertainment: Hypnotist **Sami Dare**, at 7 p.m.
Grand Casino Mille Lacs Events & Convention Center, seating on a first come first served basis

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millelacsband.com



Heating, Water, and Maintenance Problems?

During normal business hours: tenants in Band rentals and Elders living within the service area should call 800-709-6445, ext. 7433, for work orders. **After business hours:** tenants with maintenance emergencies should call 866-822-8538 and press 1, 2, or 3 for their respective district.

Free Hearing Evaluations

Evaluations take place on the second Friday of each month at Ne-la-Shing Clinic. Call 320-532-4163 to schedule an appointment. Walk-ins are welcome — we will do our best to serve you. Ask us about the \$1,000 in hearing aid benefits you can receive from the Circle of Health.

Hearmore Hearing has offices in Saint Paul and Osseo. To schedule an appointment Monday through Friday, call the Saint Paul office at 651-771-4019 or the Osseo office at 763-391-7433.

OJIBWE INAAJIMOWIN

THE
STORY
AS IT'S
TOLD

NOVEMBER 2015 | VOLUME 17 | NUMBER 11



FUN RUN

KICKS OFF ANTI-BULLYING PROGRAM

PAGE 6

BAND MEMBERS
OFFER SOLUTIONS
AT ROUND TABLES

MANOOMIN
IS TOPIC OF
SYMPOSIUM

COMMISSIONERS
PROVIDE UPDATES

BUILDING
WIGWAMS PART OF
GREATER QUEST

MESSAGE FROM THE CHIEF EXECUTIVE

MELANIE
BENJAMIN
CHIEF EXECUTIVE



Aaniin! As I write this column, it is Veterans Day. Native Americans have the highest rate of service in the armed forces of any other ethnic group in the United States, and the Mille Lacs Band is no exception. There is a wall in the Government Center that includes pictures of many of our veterans, and every time I walk past this wall I take a moment to reflect on the bravery and honor of our Band men and women who have so bravely protected and defended our Nation. I hope that all our Ojibwe felt the depth of our gratitude on this Veterans Day!

Recently, I wrote to Band Members and provided a fairly detailed update about the various issues we are working on in Band government. Since that letter, I attended the Tribal Nations Leadership Council meeting on October 27-29 in Washington D.C., which advises the U.S. Attorney General in the Department of Justice on issues impacting tribes. I also used time during this trip to schedule a private meeting with Assistant Attorney General John Cruden about our Tribal Law and Order Act (TLOA) application, which has been pending for quite some time. If this application is approved, we will be able to leverage more federal resources for addressing violent crime on the reservation.

On November 4-5, I traveled to D.C. again for the White House Tribal Nations Conference. This

meeting was also a great opportunity to pull aside various federal officials and advocate for action on our TLOA application. The snail-like pace that the federal government moves at can be very frustrating, which is why it is important to keep up the pressure. We are making progress, however, and I'm very

hopeful that we might have exciting news to report in upcoming months that will directly improve public safety as a result of all of these trips to D.C.

Other meetings this month have included a meeting with the elders living in the District I Assisted Living Unit, where we discussed the results of an Executive Inquiry I conducted about issues residents were concerned with. This was a good meeting that resulted in several recommendations from the elders that are now being put in place, which I hope will enhance the sense of safety of those who live there.

I also met with Lieutenant Governor Tina Smith and Explore Minnesota Director John Edman, in which we discussed ways we could partner with the State to promote tourism in our communities, and finished this week with a meeting of the Minnesota Chippewa Tribe.

Please make sure you mark your calendars for November 19, when the Corporate Commission will host our annual Community Feast at the Grand Casino Mille Lacs Convention Center at 5:00 p.m. I hope to see many of you there! Miigwech.



Melanie Benjamin presented this Mille Lacs Band flag that will be displayed in the Hall of Tribal Flags at the Department of Justice to Tracy Toulou, Director of the Office of Tribal Justice, U.S. Department of Justice.

Melanie Benjamin

Band Hosts Indigenous Peoples Day Event in St. Paul

On October 12, members of the Mille Lacs Band of Ojibwe gathered with other tribal groups, elected officials from the City of St. Paul and Minnesota's Lieutenant Governor, Tina Smith, to celebrate the Inaugural Indigenous Peoples Day in St. Paul.

The St. Paul City Council unanimously passed a resolution to recognize Indigenous Peoples Day in August of this year. By acknowledging Indigenous Peoples Day, the City will celebrate the culture and contributions of Minnesota's tribal communities.

The inaugural event showcased Native culture with the inclusion of the Timber Trails drum group and Native Pride Dancers. Native cuisine was also served during the event luncheon.

Joe Nayquonabe Jr., the Band's Commissioner of Corporate Affairs, welcomed guests to the event at the InterContinental Saint Paul Riverfront. AmVets Post 53 Honor Guard presented the colors, and Larry 'Amik' Smallwood gave an invocation in Ojibwe.

Speaking at the event, Mille Lacs Band Chief Executive Melanie Benjamin said, "Today, St. Paul takes a stand for justice, for compassion, and for respect for us, your Anishinaabe and Dakota neighbors and community members. By replacing a day that celebrates colonization with a day that celebrates

our history and culture, you are celebrating our future! You are paving the way for other cities across the Nation. On behalf of the Mille Lacs Band of Ojibwe, 'Miigwech' to the City Council and all the people of St. Paul for having the courage to embrace Native people, and to celebrate not just our past, but our future!"

Other speakers included Lt. Gov. Smith, St. Paul Deputy Mayor Kristin Beckmann, and Jessica Kingston, the Director of the city's Human Rights and Equal Economic Opportunity. Kingston read the text of the city's Indigenous Peoples Day resolution.

When Beckmann presented Benjamin with a copy of the city's resolution, the crowd rose for a standing ovation.

The event ended with a circle dance led by Minnesota Indian Women's Sexual Assault Coalition in memory of victims of domestic violence.

October 12 also represented

another important milestone for the Mille Lacs Band of Ojibwe with a ribbon cutting for the new InterContinental St. Paul Riverfront Hotel, formerly the Crowne Plaza. Purchased by Mille Lacs Corporate Ventures in 2013, the refurbished hotel brings a new luxury hotel experience to downtown St. Paul and represents the Mille Lacs Band's continued economic growth and diversification.



Left: Chief Executive Melanie Benjamin accepted a copy of the proclamation from Deputy Mayor Kristin Beckmann. Right: Timber Trails drum group.

Members Bring Solutions, Stories to Round Tables

Brett Larson Staff Writer/Photographer

Chief Executive Melanie Benjamin hosted Round Table Discussions in Districts I and III in October, and she described the resulting dialogue as “powerful” and “emotionally moving.”

Several Band members talked about their experiences with drug and alcohol abuse, which resulted in prison sentences. Two young men questioned the policy that allows prisoners and felons to continue to receive per capita payments, which sometimes are used to support drug habits. A young woman told about starting to drink at the age of 10 and running away from home.

Another former addict lamented that meetings and support groups in District I are poorly attended, and he asked family members of addicts to encourage them to attend meetings.

Several elders, some of whom said they are also in recovery, testified about taking care of grandchildren whose parents are addicted. A grandmother told about having to report her own son to law enforcement. A mom told about needles being found in a yard where children play.

Spiritual leaders called for a return to ceremonies, including sweat lodges, to treat those in recovery.

One man said drug dealers should be banished from the reservation. Another called for personal responsibility, saying women who are pregnant and using should be charged with a crime.

Others pointed out that the drug users and dealers are sick and in need of help, not punishment. They called on Band leaders to invest in culturally-appropriate treatment facilities.

One of the most powerful moments was when an employee of Nay Ah Shing schools read letters written by middle school students calling on drug dealers to be put in jail and expressing fears of drug dealers and users.

Melanie and Commissioner of Health and Human Services Sam Moose introduced the meeting by talking about what they’ve been doing to combat drugs on the reservation.

Melanie talked about her testimony before the U.S. Senate last summer and her meetings with Sen. Al Franken and Gov. Mark Dayton to get their help in addressing the crisis.

Sam talked about his crisis response plan, including the Band’s negotiations with the State to take over the Four Winds treatment facility in Brainerd.

Following the first round table in District I, Melanie said, “Miigwech to everyone who attended our listening session on Drug Abuse, and especially to the many who courageously shared their own personal stories. We heard first-hand from those who’ve been able to free themselves from addiction, as well as family members who live in constant fear for their loved ones who are hostage to drugs. I am so grateful to everyone who shared their ideas, suggestions and thoughts about what needs to happen next. Today was proof that the solutions are out there, in our community. I am so grateful for you sharing your wisdom and experiences with us. These meetings are so important and instructive and WILL result in next steps.”

Hinckley

Many of the same themes came up at the District III round table at Grand Casino Hinckley on Oct. 27. Elder Herb Sam opened the discussion with an invocation, and Melanie and Sam once again informed Band members about their activities to combat opiates and other drugs.

Ideas from the District I round table were printed and distributed, and new ideas were recorded on poster paper and displayed on the walls.

Again, ideas ranged from punishment of users and dealers to support for addicts. Some said taking away per capita payments and emergency assistance programs would help, while others said it would be a violation of their rights. Some argued for more treatment options, drug tests and education, while others said the Band needs to do a better job of integrating felons back into the community.

Everyone agreed that drugs are destroying lives and families at disturbing rates.

One elder gave an impassioned plea for elders in the community to step up and help those in need by listening without judgment. He said he has lost a son to drugs and spends his evenings at the fire, praying, crying and asking for help.

“I don’t want to see any more loss,” he said. “We need to teach them what that fire’s about and what that tobacco’s about. It gives me strength. The creator comes down and helps me. We gotta get people to that fire.”

A Firsthand Look at Neonatal Abstinence Syndrome

Brett Larson Staff Writer



Twila Jesso was raised on the Leech Lake Reservation and has been working at Ne-la-Shing Clinic since 2013.

When Twila Jesso was working at Masonic Children’s Hospital in the Twin Cities, she saw it for herself: newborns with a nonstop, high-pitched cry, suffering from tremors, irritability and diarrhea caused by withdrawal from drugs.

“Before we knew there was this huge problem, I realized that a lot of these babies were coming from reservations, and I started making connections,” said Twila. As a member of the Leech Lake Band, that

troubled her, and she began paying closer attention.

Many of the babies were diagnosed with Neonatal Abstinence Syndrome (NAS) — a condition that results from being exposed to opiates or other drugs in the womb.

Last fall, it was revealed that American Indian babies were suffering from NAS at 8.7 times the rate of white babies, and that the Mille Lacs Reservation was one of the hardest hit.

In the two years she’s been at Ne-la-Shing, Twila has seen the increase. “At first there were just a couple, but now it’s become very common,” she said.

In Twila’s experience in the Cities, the babies would start out in the Neonatal Intensive Care Unit (NICU), where treatment with methadone or morphine would begin to wean the babies off of opiates. After a few days they would be transferred to pediatrics, where they might spend as long as three months before going home.

Babies who spend that long in the hospital miss out on some important developmental steps and bonding time with

their parents. “They’re left alone a lot,” Twila said. “The nurse has three or four patients, so babies can’t be held as much as they would be at home. Often the parents can’t afford to be there because they have jobs and other kids to take care of, and it’s a long way from home.”

Long-term effects are still poorly understood because there haven’t been enough studies, Twila said. However, she knows that some kids born with NAS still have tremors as toddlers.

It’s also unknown how best to give outpatient treatment to babies suffering from NAS, which is why they end up staying in the hospital so long. Most of the treatment requires close monitoring near a major medical institution, often in the Cities. This makes it difficult for families that live in rural Minnesota forcing some infants to live in medical foster homes with strangers instead of families.

For Twila, the most important question is how to prevent NAS from happening. She also believes the father’s role is not emphasized enough.

Twila talks to her teenage patients about their plans for the future, and too often they say they don’t know. Many suffer from depression and anxiety — symptoms of the historical trauma Indian communities are still battling.

Twila believes the various Band departments — schools, clinics, treatment programs, law enforcement — need to work together to address the needs of young girls and families.

Twila also wants girls to know that they can talk with their medical providers to get help if they’re pregnant and using. “They’re afraid if they tell someone, they’ll lose their kids, but that’s a myth,” she said.

The goal of everyone involved is to help young moms to keep their families together. “Any time the mom is with the kids, it’s a good ending,” said Twila.

Meet Twila

Twila Jesso took the longest route possible to her current role as Pediatric Nurse Practitioner. She worked as a nursing assistant, an LPN, a two-year RN and a four-year RN before applying to become a nurse practitioner.

She knows the medical system well, which makes her a highly qualified provider.

Twila grew up in the Bemidji area, including remote towns on the Leech Lake Reservation, and her goal was to work on a reservation. She was hired at Ne-la-Shing as soon as she completed her schooling in 2013.

“I didn’t become a nurse practitioner just to diagnose sore throats and ear infections,” she said. “I wanted to be a change maker — to create a connection with kids. There are brief moments in the timeline of a child’s life that might be that moment that will change them forever, that may influence how they view themselves or the world. If that moment happens to be in my clinic during a visit, I want them to leave with hope for their future.”

Twila became interested in the medical field because of an experience as a child. “I remember going to the doctor in Cass Lake, and how the doctor and nurse treated me so kindly and compassionately,” she said. “There was something about the interaction that changed me. That was my moment.”

Commitment to Learning Brings Opportunities to Serve

Brett Larson Staff Writer/Photographer

Rayna Churchill started her college education after high school, but like many others, she ended up getting married and having children. "Life happened" is how she puts it today.

On Sept. 23, Rayna was appointed Executive Director of the Minnesota Indian Affairs Council. For Rayna it came as a result of her commitment to education and her long career in business and tribal government.

Rayna was raised in Pine City by her parents, Albert and Bernice Churchill, who were among the leaders of the District III Lake Lena community.

She taught at Nay Ah Shing schools in the 1980s and then took a position as an administrative assistant at the casino and worked her way up, eventually becoming the first Band member to achieve vice president status. She worked with the Corporate Commission on economic diversification as the Executive Vice President of Corporate Operations.

During those years, she felt the need to gain educational credentials to go along with her work experience, so she took weekend and evening classes at Augsburg College.

She attended the College of St. Scholastica Accelerated Degree Evening Program with Ronda Weizenegger, another Band member who has climbed the corporate ladder and is now Chief Financial Officer at Mille Lacs Corporate Ventures.

"When most people would be home with their families or in bed, we were sitting in class," Rayna recalls. "But it was worth it in the long run."

Eventually, Rayna earned her B.A. from St. Scholastica in Behavioral Science, and from there she went on to earn her Master's in Management.

In recent years she has served the Band as District III Appellate Judge and is currently serving another six-year appointment as Chief Justice of the Mille Lacs Band Court of Central Jurisdiction.

When she heard about the opening at the Indian Affairs Council, she was immediately interested. "It's always been my goal to help people," she says. "What's also rewarding about this position is that I get to work with the Sioux Communities, too."

The Indian Affairs Council is a state government agency that is the official liaison between the state and Minnesota's 11 Indian tribes. The agency plays a key role in development of legislation related to Indians. The council's work ranges from educational programs, including language immersion, to protection of burial sites and remains as required by the Native American Graves Protection and Repatriation Act.

The board is made up of representatives of the tribes and the Governor, as well as Commissioners of Education, Human Services, Natural Resources, Human Rights, Employment and Economic Development, Corrections and other state agencies.

From her new office with a view of the State Capitol, Rayna reflects on starting a new position as an Elder.

"There's still a lot of tread left on these old tires," she says with a laugh. "I'm not ready for retirement."

She's also not ready to retire from learning. She's enrolled in a Ph.D. program in Organizational Leadership.

"I would encourage the youth and young adults, even



From her office in St. Paul, Rayna can see the dome of the state capitol. She'll be spending time working with legislators in her new position as Executive Director of the Minnesota Indian Affairs Council.

parents and grand parents, that you're never too old to continue your education," says Rayna. "Learning is a lifelong process."

Governor Signs Autopsy Bill

On Thursday, Oct. 15, Gov. Dayton hosted a ceremonial signing of the autopsy bill that came as a result of a controversy after the passing of Band Elder and Drumkeeper Mushkooub Aubid last winter. Members of Mushkooub's family were on hand, including his wife Winnie LaPrairie, son Steven and daughter-in-law Amanda Aubid and sister Raina Killspotted. Gov. Dayton expressed his admiration of the family, who responded to a personal tragedy by helping to accomplish something positive for others. Also present were Chief Executive Melanie Benjamin and many folks who were instrumental in the passing of the bill, including the family of Fond du Lac member Autumn Martineau.



Amanda Aubid, Melanie Benjamin, Steven Aubid, Raina Killspotted and Winnie LaPrairie joined Gov. Mark Dayton at the bill signing on Oct. 15.



Above: Health fairs were held in all districts Oct. 20-23. Band members were able to learn about all the services available from Band departments as well as area health providers, the Veterans Administration, the Social Security Administration and other private and public agencies. Kudos to the Public Health Department team that put the fairs together (pictured): Amy Maske, Lisa Blahosky, Donna Sutton, Darla Roache, Ginny Savaloja, Cassie Helmin, Dianne Holmquist, Cyndy Travers and Carol Hernandez. For more photos, see millelacsband.com.



Left: Temporary Home for Family Services

Some employees of the Mille Lacs Band Family Services Department have moved to a building on the east side of Hwy. 169 in Onamia. The new address is 101 Pony Farm Road, Onamia MN 56359. The move was necessary because the department was running out of space in the location shared with Public Health and Behavioral Health. At the new location are the Child Protection, Foster Care and Waivered Services departments. The staff in these departments spend a great deal of time moving around the region and working in all three districts. A small contingent of Family Services staff will remain in the old location. These staff will be working primarily in District 1. This is a short-term solution to the space problem. Eventually the staff will be relocated to a new facility.

Band, U of M Host Nibi and Manoomin Symposium

Brett Larson Staff Writer/Photographer

Over 100 tribal members, educators and scientists gathered at Grand Casino Mille Lacs Sept. 28 and 29 for the Nibi Miinawaa Manoomin (Water and Wild Rice) symposium. The event was sponsored by the Mille Lacs Band and the University of Minnesota.

The theme of the symposium was “Oshki-mikanensan Ji-wiidanokiindiyang Weweni Niigaan Akeyan” or “New Pathways for a Shared Future.”

The focus was “To build lasting relationships in the work of protecting nibi and manoomin for future generations.”

The symposium began with an invocation from Byron Ninham, a drum song by Timber Trails, and a water ceremony by Dorene Day of the Bois Forte Band.

Secretary-Treasurer Carolyn Beaulieu gave a welcoming address, telling the story of the Anishinaabe who migrated to the land “where food grows on water.” She stressed the importance of protecting manoomin by working together and valuing both scientific and cultural perspectives.

Carolyn’s welcome was followed by addresses from University of Minnesota officials.

U of M President Eric Kaler spoke to attendees through a video. Kaler not only expressed support for the symposium but also emphasized the importance of tribal advisory committees at all campuses of the U of M.

After the welcoming addresses, a panel of four rice experts spoke. Mille Lacs Band Wildlife Biologist Kelly Applegate talked about the Band’s efforts with water quality, restoration and wildlife habitat.

Tuesday’s agenda included an opening invocation by Band member Amik and an honor song by Timber Trails, followed by a traditional knowledge panel featuring Mille Lacs Band members Brenda Moose, Henry Sam and Joe Nayquonabe Sr.

Joe shared stories of ricing as a young man near Brainerd, when it was not just a cultural tradition or food source, but also a way to earn money. He called rice “a sacred food,” along

with deer and fish, and talked about the need to protect the rice and the water.

Brenda talked about ricing at Rice Lake Wildlife Refuge in District II, and about the history of the East Lake community. To white people, she said, “rice is just a commodity that you see in restaurants, but to us it’s part of who we are as Anishinaabe people... It’s part of our legends... When we lose our resources that make us who we are, we become less Anishinaabe. Our language, our foods, our ceremonies, that’s who we are.” Brenda also warned against pollution and pipelines, saying the rice has become smaller, less abundant and less flavorful since she was young.

Henry Sam said he learned about ricing from his parents and grandparents, and he stressed the need to pass that cultural knowledge on to the next generations and to protect the resources.

Larry ‘Amik’ Smallwood, who served as master of ceremonies along with Katie Draper, also shared stories of ricing during the morning session. Before the session began, he told the guests about the history of the Mille Lacs Band and the casinos, attributing the Band’s success to its adherence to traditions.

“It’s through our prayers and our tobacco and our Big Drums that we’re able to have this building we’re sitting in,” Amik said. “We used to be made fun of back in the ‘70s and ‘60s and ‘50s. They said we were backwards because we spoke our language, and we were poor.”

He talked about Art Gahbow, who was one of the most respected Indian leaders in the country, and about the leadership of Doug Sam and the late Dave Matrious and Albert Churchill, who helped bring the casinos to Mille Lacs and Hinckley while preserving the culture and language.

“Our prayers and our traditional tribal leaders made it possible,” he said. “We’re not laughed at anymore. We still speak our language, and we have our young ones doing our

invocations now.”

The afternoon included working group breakouts and a presentation on building respectful collaborations.

The event closed with a water ceremony led by Dorene Day and a round dance with Timber Trails.



Secretary/Treasurer Carolyn Beaulieu gave a welcoming address at the symposium.



Elders Amik, Joe Nayquonabe, Brenda Moose and Henry Sam shared their knowledge of manoomin and ricing.

Minor Trust Training Prepares Young People for Future

Brett Larson Staff Writer/Photographer

When Mille Lacs Band youth reach adulthood, they gain access to their trust fund. To help young Band members make smart decisions and plan for the future, the Mille Lacs Band’s Office of Management and Budget offers a Minor Trust Training course twice a year for high school students.

On Oct. 28, 13 students from Onamia, Brainerd and Nay Ah Shing high schools attended the morning session at Grand Casino Mille Lacs, followed by lunch at the buffet.

The course was led by William White, his wife Loran and Leisa Nash.

William White is a senior vice president and financial advisor with Morgan Stanley Wealth Management in Rapid City, S.D.

Loran is a retired teacher and former Morgan Stanley employee who helped her husband develop the course eight years ago and also helps deliver it.

Leisa is also a financial advisor with Morgan Stanley.

Participants received a guide to financial readiness that focuses on spending, debt, savings and investing, while emphasizing the importance of planning for the future.

Ronni Jourdain, a ninth grader at Nay Ah Shing, said she learned a lot from the morning class, including the difference between a Roth IRA and a 401K plan.

Tyler Naquonabe said he learned how to save money and avoid student debt — lessons he’s also learned from his mom, Shannon.

Di Browner, a senior, said, “I learned not to be dumb with money and to think of something long-term that you want in the future.” Di is planning on going to college next year, possibly at USC.

According to Commissioner of Finance Adam Valdez, the Band is reaching out to more students — and younger ones — because it is very important and relevant that Band children turning 18 have the basic knowledge and skills to make critical personal financial decisions.

“This world has become very complicated and technology driven,” said Adam. “Our children need to learn how to manage their financial affairs properly to avoid becoming victims. Proper management of their financial resources today will help them to minimize or eliminate future financial hardships as young adults. My utmost wish is to have our Band children become informed consumers. They need to learn how to become financially secure adults. The Minor Trust training is but a

small beginning of a lifelong journey in developing these skill-sets.”

Jana Sam, who works for OMB, plans the sessions, which take place in the fall and spring. She enjoys the responsibility and making a positive difference in the lives of kids. Her own son took the class and benefitted from it, she said.

High school students or their parents should contact Jana if they’re interested at jana.sam@millelacsband.com or (320) 532-7466.



Back: Tyler Nayquonabe, Loran White, Thomas Lee Mitchell, William White, Jana Sam, Clayton Benjamin, Leisa Nash, Di Browner, Austin Stobb, Susan Potter, Toni Weous. Front: Raquel Maurstad, Kelsey Benjamin, Ronni Jourdain, Rachel Wind, Teri Boyd, Shaina Wind.

Busy Start to School Year for Education Staff

Commissioner of Education Suzanne Wise



The following are some of the many events that happen in Education on a monthly basis. All of our staff work very hard and are with children every workday. I applaud all of our Education staff members.

Niigaan Director Byron Ninham reports that the Mille Lacs Band of Ojibwe Niigaan program has quickly moved into after-school hours for the school year. After-school activities for District I Niigaan programs are located at the Nay-Ah-Shing schools as a collaborative effort with our area school staff and children.

The Niigaan program is working with other Band programs to create youth leadership opportunities for our area children. The youth group came up with their name “Ge-Niigaanizijig” — the ones who will lead — and will focus on language, leadership skills and tribal governance.

In the month of November, all Niigaan staff will attend Youth Mental Health First Aid training provided by the Minnesota Association for Children’s Mental Health.

In October, each Niigaan program took part in Lights On Afterschool, a nationwide event that highlights activities that are offered through afterschool opportunities in the area and their area partners.

District I Niigaan coordinator Bugs Haskin reports that during the month of November, District I Niigaan will be offering Homework Help Monday through Thursday for all K-12th Grade Nay Ah Shing students. On Wednesdays after school, K-5th grade boys will participate in the Mighty Ducks Program, and girls will become Little Mermaids on Fridays. All Abinoojiyag kids will have the opportunity to go swimming once a week. Physical Fitness will also be taking place

under the watchful eye of Matthew Petty, Physical Education Specialist. Education Specialist Laurie Campbell will keep the kids’ minds active with stories, educational games, arts and crafts, as well as guest speakers and field trips. Basketball and PeeWee Wrestling will also begin in November.

Upper School kids will be involved in critiquing movies on Mondays; Ojibwe on Tuesdays; Survival Skills class on Wednesdays; Swim Night will be Thursdays; Teen Voice will take place every night. Teens will discuss topics of concern or Current Events. Basketball for 6th-12th grade will also begin in November.

District IIA Niigaan coordinator Shawn Willis reports that Chiminising Niigaan staff members are helping in the Isle Alternative Learning Center, Elementary and High School throughout the day. This approach allows Niigaan staff firsthand knowledge of what the youth are working on and what areas the youth may need help in.

Obizaan and Chato Gonzalez have been publishing bilingual articles in Inaajimowin, the band’s newspaper, since April 2014. The articles are there to serve several purposes. First and foremost they are there to have our language seen in daily context with the hope that it will make people think about learning or teaching our language. The articles also serve as a language-learning tool, as well as a resource for existing or future teachers to integrate them into their curriculum. Obizaan and Chato are also working on three books.

Along with these projects Obizaan, with the assistance of Chato, conducts funerals, naming ceremonies, and many other ceremonies to meet the spiritual needs of all three districts and the urban area.

Donna Churchill reported on the Johnson O’Malley Program and its purpose to serve as a supplemental program to meet the unique and specialized needs of Native American children

attending the area’s public and tribal schools. In the upcoming year, Donna plans to present a survey to the Native American families regarding the needs of Indian children to better build community relationships and improve communications between families and their local schools.

Principal Noah Johnson reports that the Nay Ah Shing Upper School is over half way through the first quarter with many activities going on: October 19 -23 was Bus Awareness Week; school pictures were on Wednesday October 21; Spirit Week/Olweus Bully Prevention Week was October 26-30 and included dress up days and a powwow; girls’ volleyball and boys’ flag football are in season.

All staff and students took part in a read-a-thon starting Tuesday, October 20, with individual and grade level recognition for top readers. Phrase of the week is starting back up with the Ojibwe Language and Culture Department. Parent/Teacher conferences took place November 4.

Tammy Wickstrom of Wewinabi Early Education reported that in early October the Early Education Program received a health and safety grant from the Office of Head Start. This grant will be used to purchase a bus for the East Lake area and new bus harnesses. It has also been used to fence in the backyard of Wewinabi. This fenced area provides a new large outdoor play area for children, and they have already been enjoying it.

November is another busy month. The Shakopee Mdewakanton Dental Van visited all three districts November 3-6 to provide free dental check-ups to children who needed them. Parent/Teacher conferences were scheduled November 5 and 6.

Tammy also reminds us that parents are the first and most important teachers children have.

Nay Ah Shing Kicks Off Bullying Prevention Program

Amanda Sorby Staff Writer

Bullying is a problem in schools across the nation as well as right here in Minnesota. But Nay Ah Shing schools on the Mille Lacs Band Reservation want to change that. They have instituted a new program called the Olweus Bullying Prevention Program.

To celebrate this amazing program, Nay Ah Shing schools held a kickoff event on Friday, October 2. The theme was “It’s cool to be kind,” focusing on the word “minododaadiwin”, which means kindness in Ojibwe.

The kickoff started with students taking a pledge to stand up against bullying. A balloon release followed, symbolizing that commitment. Then students participated in a fun run with anti-bullying t-shirts, banners and posters to bring awareness to the community. It was a fun-filled day, and the staff at Nay Ah Shing see a bright future for the schools through this program!

Staff at the schools were trained in the program over two days and spent the summer training additional staff and planning how to incorporate the program into their schools.

The program is based around four basic yet very important rules: 1. We will not bully others; 2. We will try to help students who are bullied; 3. We will try to include students who are left out; 4. If we know that someone is being bullied we will tell an adult at school and at home.

These rules are posted throughout the school and discussed with students.

The program also includes a morning meeting with students every Wednesday to discuss bullying topics and issues, and it provides the students with resources and answers to their questions about bullying and how to stop or prevent it.



Nay Ah Shing students and staff took part in a fun run and balloon release on October 2 to kick off the Olweus program.

Department of Administration Focuses on Jobs and Culture

Commissioner of Administration Catherine Colsrud



The Department of Administration is working on several initiatives, including human resources policies, Department of Labor updates and State of the Band planning.

The Band is mandated by the federal government to perform background checks as part of our grant funding agreements. The Department of Administration is creating hiring guidelines for Band Employees and/or contractors who may come in contact with school children on a regular basis. The Solicitor General has provided opinions and material on the mandatory background investigations HR needs to perform on all education employees, and other Band employees who may come into contact with school children. This will be a change that expands from just education employees to all band positions that may come into contact with the school children. This also extends to contractors, so an educational piece will need to be done for those who deal with contracts. We are meeting weekly to create new policies and procedures.

The Department is also:

- Bringing culturally-relevant training to outer districts

instead of being centralized at government center. Certified facilitators in each district will conduct the training, which will be scheduled in the New Year after the holidays.

- Implementing community outreach in all districts by having an HR representative attend the community meetings, do a short presentation on open jobs, bringing applications along, and answering general questions from the community.
- Restructuring HR, bringing in an executive director to help facilitate the reorganization and restructure of the department. As the number of government programs offered has increased, the HR department is feeling the pinch of being undersized for the current employee base.

Michele Palomaki, Michael Kafka (DOL Director) and I are meeting with our regional director next week to start the process to revise our plan before submission. We have gotten good information back from the Tribal Employment Rights Officer and Michele when they recently attended the DOL conference in Wisconsin. This will benefit Band Members by expanding the training courses we are able to fund and streamlining the approval process.

In addition to these activities, the Department of Administration is:

- Planning the State of the Band events. RFPs will be put out for bids on fry bread, flowers/center pieces and gifts. Steve Premo is working on artwork for the invitation and other artwork needed for the event.
- Working with the District III community to research the history of the district with the goal of producing two books specific to our area.
- Planning Elders pot luck and story sharing in D3. This is a spin-off of the history project. The elders really enjoy getting together and sharing their photos with each other. They want to continue this get-together and would like to show off their cooking skills by having potlucks.
- Working to get BlueJay Wireless to provide information to the communities on free phones and inexpensive data packages. Those who are eligible will be able to get a free phone, 250 free minutes and 250 free texts each month. This will be offered for 12 months, and Band Members will be able to renew for another 12 months of free service.

HHS Responding to Needs of Mothers, Families

Sam Moose, HHS Commissioner



Health and Human Services is coming off what is typically our most active month. In October we hosted Health Fairs in each district during the week of October 19-23.

October was also the month where we conducted a homelessness survey in collaboration with Wilder Foundation and the Minnesota Department of Human Services.

The Behavioral Health Department hosted the Assistant Commissioner of the MN Department of Health and Human Services for a tour of chemical dependency programs on the reservation in District 1. The Assistant Commissioner hosted a listening session at Eddy's on October 22 to hear about substance abuse problems in the region.

The month of November gets us back to normal with our typical department work and regular calendar of monthly activities.

The following are a few of our many projects:

Special HHS Project:

Crisis Pregnancy Support Team. This team was developed and directed through a Commissioner's Order in September that requires HHS departments to form a team to coordinate care between departments to ensure that women who are identified as using drugs or alcohol during pregnancy are given priority and receive care and support from all departments. The team is led by the Wraparound facilitator and works with other departments to help women and their children who are impacted by substance use during pregnancy and also cases where infants are delivered with Neonatal Abstinence Syndrome. Currently the team is working with several women who previously would have been falling through the cracks.

Public Health Department Update:

The major new initiative for the Public Health Department

during November is working on the development of a new line of Waivered Services. The department is engaging with the Department of Human Services to expand offerings of services to elders and disabled people through Waivers, which allow people who are eligible for Medicaid and Medicare to be able to access additional services through the Mille Lacs Band.

There is important work being done in collaboration with other HHS departments to bring Maternal Child Health Nurses in contact with the most vulnerable substance using pregnant mothers and mothers who have delivered NNAS babies.

November is National Quit Month: Carol Hernandez and Amy Maske will be presenting in each district during the month.

Health Services Department Update

The Health Services Department includes the clinic services in all districts as well as the Assisted Living Units in District 1 and 2. The major theme of projects across Health Services in November is continuing to address quality improvement.

A significant focus of the department is being spearheaded by the Quality Improvement Coordinator and her work in collaboration with the HHS Quality and Compliance Department. These activities include policy and procedure reviews for each health service department (ALU, Lab, Nursing, Dental, etc.).

Community Support Services

During November the department is focusing a good deal of effort on bringing some additional services to District 2. The East Lake food shelf was operational during the last week in October and will be open Monday through Friday from 1-5 PM in the District 2 ALU Building.

The department is also working on putting the finishing touches on the greenhouse project that is being constructed in District 2.

In addition, the department is sending the Wraparound Team to intensive training on the High Fidelity Wraparound process that we are utilizing to help coordinate services and support around struggling Band members.

Family Services Update:

The Family Services department is focusing on trying to keep up with the serious demand for Child Protective services that has arisen due to the opiate crisis.

The department is involved in a collaboration with the Tribal Court and Band Legal Aid to administer a Community Justice Assessment Survey to identify areas of improvement.

The department is also developing a new Family Preservation team, which will provide a strong, culturally-focused alternative to cases that are in danger of entering the Child Protection system.

The department will be relocating to a new building on Highway 169 in Onamia. This move was critical to allow for program expansion in the Family Services departments and the Behavioral Health and Public Health departments that share space in the building on Noopiming Drive.

Behavioral Health Department Update

The major project focus of the Behavioral Health Department are six initiatives outlined in the plan developed by Health and Human Services titled Opiate Crisis: A Community Response from Health and Human Services, which has been outlined in previous issues of Inaajimowin. The Mille Lacs Band's Health and Human Services Department has arrived at a six-pronged strategy to address the problem and help the community move in a healthy direction.

The initiatives in the process of implementation are as follows:

- Creation of a Neonatal Drug Use Response Team
- Development of a recovery-oriented care system
- Strengthening of outpatient services
- Exploration of new residential treatment options
- Expansion of women's and children's programs
- Enhancement of existing prevention programs and collaborations

DNR Considers Hatchery, Stocking Program

DNR Commissioner Susan Klapel



The Department of Natural Resources is working on our strategic plan for the next 5 to 10 years. We are looking at the impacts of climate change on our lands, air and water. The effects will also change the wildlife and vegetation in this

region. We are making plans so that our children's children will be able to live comfortably and utilize the same traditions we do today. Through our fisheries and wildlife departments, the environment specialists and our land and forestry divisions we are working toward preservation of our natural resources not for us but for the people who are going to be here in the future.

The Mille Lacs Band's first Fisheries Program is taking shape with help from a Tribal Wildlife Grant, and we are developing partnerships with the Minnesota DNR and U.S. Fish and Wildlife Service to begin feasibility studies on a future fish hatchery and stocking program for the Mille Lacs Band. We are also updating the vegetation sampling manual for Mille Lacs Lake and assisting the state fisheries with a study that will observe marked walleye hatchlings in Mille Lacs Lake. Currently, the old wastewater treatment facility is the targeted property for the proposed hatchery.

Our conservation officers attended all the district health fairs and completed firearms safety classes in McGregor. The tribal deer hunting season has begun, and they are finishing upcoming classes on Orienteering and Outdoor Survival. The officers will work with the licensing and real estate departments to develop maps for Band Members that will show hunting areas and lakes available to harvest walleye and

other species.

On October 15, the Mille Lacs Band DNR land maintenance installed a 190 ft. dock on Mallard Lake. The old dock was unsafe and on state land. It will be removed this winter. The new dock will allow for better and safer access for Band members who are ricing.

We are also going to install five facility-scale Photo-voltaic (PV) systems on four Mille Lacs Band buildings. These systems are intended to lower the carbon footprint of the Mille Lacs Band and to provide an educational tool for energy conservation and climate change. This project will also provide PV technical training for five Mille Lacs Band members.

The Forestry and Fire program has been conducting a number of different projects throughout Band-owned lands: prepping fire prevention equipment for fall fire season, improving access to band properties, prepping forest trails for hunting season, cleaning up of blow-down that occurred in District III area, conducting annual fire suppression activities and improving trails. We are also working with the wildlife department at the 3,300-acre parcel to improve habitat for the golden-winged warbler.

We have also recently purchased a truck that will aid in fire suppression, and we have purchased a sturdy side-by-side UTV that will be outfitted to be a fire-suppression vehicle that can go out in the field and be more mobile. This purchase was important because the current fire truck needs to stay in District I for fire season, as we are the first responders for fire on the properties in District I. By adding the truck and side-by-side to our equipment, we will be able to better work with our outlying districts.

The Namachers Lake project construction is completed. We

are waiting for the lake to refill and making plans to introduce fish to the lake in the spring. It is our intention to preserve a run of the Mille Lacs Lake walleye strain in this lake.

Additional activities:

– The THPO Office monitored the Eddy's wastewater project, which was completed in late October.

– The jingle dress documentary is almost ready for public showing; the premiere showing to Band members first will be in February or March of 2016.

– We are still working with Government Affairs on Enbridge issues, boundary issues and land use issues.

– The Mille Lacs Real Estate Department acquired 16 properties in fee simple status during fiscal year 2015. This included almost 400 acres in District III, 200 acres in District II and over 80 acres in District I.

– The Brownsfield Department has also remediated approximately 10 properties, which could include demolition of a structure and returning the land back to the natural environment or making the property suitable for rebuilding.

– The Enrollment Office will soon be uploading the new Enrollment Software "Progeny," a valuable tool for tribal membership data management.

– The Probate Office will soon be online with ProTrac system, a Probate Management and Tracking System.



This photo from the St. Paul Pioneer Press was reprinted in the Mille Lacs Messenger on Feb. 16, 1950. The original caption said, "Left to right: Ole Sam, and Jim Davis, of Isle; Kent Fitzgerald, Indian area placement officer; Fred Sam, of Vineland, chairman of council; Mrs. Jim Hill, housewife of Vineland; and Mrs. James Beaulieu, cook at the Indian school and secretary of the council."



The Buck Moore Dam was removed in late October to lower the lake level and bring back the lake's wild rice beds.

Ogechie Restoration Project Nears Completion

Brett Larson Staff Writer/Photographer

In 1950, Mille Lacs Band Chairman Fred Sam expressed fears that the rice crop on Lake Ogechie in District I would be destroyed by the construction of a concrete dam. A St. Paul Pioneer Press story reprinted in the Feb. 16, 1950 *Mille Lacs Messenger* read as follows: "Onamia Lake, once a source of much wild rice, has been raised and most of the wild rice beds destroyed. Lake Ogechie, another rice lake, is to be raised four feet, he (Fred Sam) said, which means another heavy loss to the Indians."

The dam was built anyway, and Sam's fears were realized, as wild rice was almost completely eradicated from the lake.

Now, wild rice may once again grow thick on Lake Ogechie as the result of a Band-led restoration project. During the

summer and fall of 2015, changes were made at both ends of the lake: upstream where the Rum River leaves Mille Lacs, and downstream, where the river leaves Ogechie.

During the summer, as part of the replacement of the Rum River Bridge on Highway 169, a fixed-crest weir was built at the outlet of Mille Lacs Lake. This new structure replicates the current flow from Mille Lacs Lake into Lake Ogechie while maintaining existing water levels within Mille Lacs Lake.

In late October, Landwehr Construction of St. Cloud removed three feet from the Buck Moore Dam in Mille Lacs Kathio State Park, at the downstream end of Lake Ogechie.

As a result, the lake level will be lowered by three feet, bringing it back to its natural level and creating the right

conditions for wild rice production.

For more than 60 years, the level of Ogechie has been kept artificially high by the Buck Moore Dam in Mille Lacs Kathio State Park, where the river leaves Ogechie. The three-foot concrete structure was built in 1952 and named for Hugh "Buck" Moore, the son of a family that homesteaded in the area.

Now, Lake Ogechie will again follow Lake Onamia, which was restored several years ago by the removal of a dam. The result has been an impressive resurgence of wild rice, benefitting local ricers as well as migrating waterfowl.

Community Development Working on Housing, Infrastructure

Commissioner of Community Development Percy Benjamin



The Community Development Department has been hard at work on infrastructure projects in District I, the Powwow Grounds in District II and the Zhingwaak housing development in District III, among other day-to-day activities.

In District 1, roads, sewer pipes and lift stations are being installed in the Sher property development. The total cost of this infrastructure project exceeds 5 million dollars. There will be approximately 40 lot sites available for housing units in Phase 1 of the project and another 50 lot sites in Phase 2.

We are currently looking into high speed Internet services and residential security cameras in our new developments. The lighting and security cameras were ideas brought forward from elder meetings that have taken place over the last few years with the chief executive. These plans will eventually be implemented in all three districts.

The Vineland Road paving in District I was completed using mostly BIA grant dollars totaling approximately \$600,000. The ceremonial building parking lot has also been repaved along with stripes and a new sidewalk.

Minobimaadiziwin shelter (the old Budget Host) is currently getting a slight remodel, which includes new windows right now and eventually a new kitchen area to accommodate the guests. A steel roof will be installed this spring.

The shelter is offering hand drum-making classes and will continue classes once per month going forward and eventually start drum and singing classes to anyone who is interested. There are still weekly sweat lodges being held due to the high demand of guests and local individuals. The Minobimaadiziwin recently purchased sewing machines to offer quilt making that would help assist individuals who want to attend Big Drum ceremonies during this fall and upcoming spring seasons. Some of our local Ojibwe speakers have offered services to the program, and we are currently interviewing for a coaching position.

Construction on the new powwow grounds in District II is expected to continue until the ground freezes. The new grounds will consist of an arena arbor, shower building, RV parking, campsites, roads and septic system to allow for three seasons of usage. Also there is space available for a future softball field and outdoor basketball court. The total cost of this project is estimated to exceed \$2.5 million. The project is expected to be completed in time for next July's annual Gishkonigewag powwow.

Four new homes are currently under construction in East Lake right now with anticipated completion before this winter.

In DIIA, three new homes on Moose Drive are being built with the same anticipated completion date.

In District III, we are currently finishing construction on six elder homes in the Zhingwaak development. We anticipate the completion of seven more homes in the early winter months

for a total of 13 units. There is also a four-plex unit currently being built with an early spring completion date set, bringing the total up to 17 units.

Sewer and water lines are being installed for the next phase of the Zhingwaak development. This work will continue until the ground freezes and will start back up in the springtime, with roads and lots developed next summer.

Currently still in the planning/architect phase is a community recreation center in Hinckley. Bi-weekly planning meetings are taking place at Grand Casino Hinckley. We hope to complete the planning phase this winter with a groundbreaking next spring or early summer.

We have also completed paving driveways starting in District II and District III, and we are hoping to get District IIA complete before the winter weather arrives; if not, the driveways will all be completed next spring band wide.



New Excavator Will Be Used in All Districts

A Caterpillar 316e excavator has found a new home at the Mille Lacs Band Earthworks building in District III east of Hinckley, but likes its operators, it will be spending some time on the road. Chris Matrious, left, and Chad Dunkley, right, are both trained in operation of the 42,000-pound machine. Commissioner of Community Development Percy Benjamin said the excavator is twice the size of the Band's old machines and can do twice the work. He said the Band is investing in improvements to machinery in order to better meet the needs of the Band and its members.

Dental Clinic Information

District I

MTWF: 8 a.m. to 5 p.m.

Thursday: 1 to 5 p.m.

Patients are scheduled all day, but emergency walk-in slots are open daily. Walk-in patients are welcome on a first come, first serve basis MWF, from 8:00 AM- 11:00 PM and 1:00 PM- 3:00 PM and Thursdays from 1:00 PM – 3:00 PM.

District III Lake Lena =LL

November 19: 9 a.m. to noon, 12:30 to 3 p.m.

Walk-in clinic hours 10 a.m. to noon.

November 20: 8:30 a.m. to noon, 12:30 to 2 p.m.

Walk-in clinic hours 9:30 a.m. to noon.

District II East Lake

December 8: 9 a.m. to noon, 12:30 to 2:30 p.m.

Walk-in clinic hours 10 a.m. to noon.

December 9: 9 a.m. to noon, 12:30 to 2 p.m.

Walk-in clinic hours 10 a.m. to noon.

Hours and dates are subject to change.

To schedule an appointment call (320) 532-4779.

Q: Do I need to take a vitamin D supplement

A: It's likely -- 70 to 75 percent of women are deficient in vitamin D. To know for sure, request a simple blood test (called 25-hydroxy-vitamin D) from your doctor; your levels should be between 40 and 100. Vitamin D is critical: Its deficiency is linked to osteoporosis, low immunity, and coronary artery disease. It's also an important nutrient in the prevention of several cancers (including breast and prostate).

So many people are deficient because the only way that our bodies can produce vitamin D is by exposure to the sun. But if you live north of the 35th parallel (which runs from southern California through North Carolina), the sun's rays are not strong enough during the winter months for vitamin D production, and even below that latitude, it takes much longer in the winter to get the amount you need. For people who are deficient, I start them off at 2,000 units a day, and often two days of the week I give them 20,000 units. Once they're back up to the optimal range, I recommend a minimum daily supplement of 1,000 units, which is the equivalent of 10 to 15 minutes of exposure to strong sunlight.

Note: People with calcium and kidney stone problems need to be taking extra vitamin D, and it's always important to clear any new supplement with your doctor before taking it.

Source: www.wholeliving.com/ask-dr-merrell



Dental Van

The Shakopee Mdewakanton Mobile Unit has been making the rounds of the Mille Lacs districts this fall. The mammography unit was on site at the health fairs in October, and the dental team came by Wewinabi Early Ed on Nov. 5. Back: Debbie Sumner, DDS, and Pearl Swift, dental assistant. Front: Courtney Hahn, dental assistant, and Dan Hockinson, mobile unit coordinator.

Corporate Ventures Shares Updates with Band Members

— Mille Lacs Corporate Ventures is currently reviewing deal flow for economic development projects in District II. The Commissioner meets regularly with the District II & IIA Advisory Committees to discuss ideas and projects.

— The Crowne Plaza Riverfront Hotel was rebranded to the InterContinental Saint Paul Riverfront on October 5. The new 410-room and -suite hotel offers stunning views of the Mississippi River and downtown Saint Paul skyline. The mid-century modern design and décor exude the brand's iconic elegance and glamour that the InterContinental Hotels Group brand has been renowned for since the first hotel opened in 1946. Every square foot of the property has been updated from the guest rooms to the meeting spaces, including a new restaurant—the new Citizen Supper Club, with a nod to the bygone era of the 1960s.

— In October, MLCV purchased the DoubleTree Minneapolis Park Place Hotel, expanding its hospitality portfolio. After an extensive due diligence process and being awarded the bid, MLCV officially acquired this hospitality asset in St. Louis Park. The popular hotel is close to shopping and is minutes away from the Target Center, Target Field and the new Vikings Stadium. This acquisition further strengthens the MLCV portfolio of hospitality assets, which already includes the InterContinental Saint Paul Riverfront, the Doubletree by Hilton Downtown Saint Paul, the Oklahoma City Embassy Suites, Eddy's Resort and our hotels at Grand Casino Mille Lacs and Grand Casino Hinckley.

— Mille Lacs Corporate Ventures is hosting its 16th Annual Fall Feast on Thursday, November 19, at 5 p.m. at the Grand Casino Mille Lacs Events & Convention Center. Entertainment will be provided by hypnotist Sami Dare.

— Also in November, Mille Lacs Corporate Ventures will roll out a new Mille Lacs Band recognition card — exclusive to Band members — that can be used at our non-gaming hotels as well as our non-gaming businesses for monthly discounts. Band members will receive a mailer in early November with more information. Information about our latest investment will also be included in that letter. If you do not receive a letter, please contact the enrollments office at 320-532-7784 to update your address on file. Then, contact MLCV at 320-532-8810 or inquiries@mlcorporateventures.com to get a card issued.

Crowne Plaza Rebranded as InterContinental Saint Paul Riverfront

Mille Lacs Corporate Ventures

Mille Lacs Corporate Ventures (MLCV) today announces the opening of the prestigious InterContinental® Saint Paul Riverfront hotel, ushering in a new era of luxury for Minnesota's vibrant capitol city.

The InterContinental® Saint Paul Riverfront hotel is an InterContinental Hotels Group (IHG) property that showcases mid-century modern design and décor. The hotel's 410 fully renovated guestrooms and suites offer remarkable views of the Mississippi River and downtown Saint Paul skyline. The elegance and glamour that the InterContinental brand has been renowned for since the first hotel opened in 1946 is evident in this multi-million dollar renovation.

Joe Nayquonabe Jr., CEO of Mille Lacs Corporate Ventures, said the change isn't just about creating a more refined hotel experience — it's about delivering on MLCV's commitment to a higher level of excellence in all of its business ventures.

"We strive for continuous improvement. When we purchased the hotel in 2013, we immediately committed to making this historic property even better," Nayquonabe said.

"That commitment takes on a literal form that our guests can feel in the amazing renovation we've completed at the InterContinental® Saint Paul Riverfront."

The Mille Lacs Band's continued investment in downtown Saint Paul sets up the city and the Band for continued economic success.

"In our teachings, we focus on protecting future generations," said Melanie Benjamin, Chief Executive for the Mille Lacs Band of Ojibwe. "In an economic sense, that means diversifying our economy, which is what these hotels mean for the Mille Lacs Band. We're especially proud of our partnership with the City of St. Paul, and view this project as evidence of what tribes and cities can achieve



Chief Executive Melanie Benjamin, Board Member Arlene Weous, General Manager Tim Blaschke, Corporate Commissioner Joe Nayquonabe Jr and Joanne Whiterabbit, Executive Director of the Minnesota American Indian Chamber of Commerce.

when they work together."

"This reinvestment will continue downtown Saint Paul's rapid growth and vitality," said Saint Paul Mayor Chris Coleman. "I am thankful to have the partnership of the Mille Lacs Band of Ojibwe. The opening of the InterContinental® Saint Paul Riverfront is key to the continued success of our downtown business district."

Every square foot of the property has been updated from the guest rooms to the meeting spaces, even a new restaurant.

Weight Loss Challenge Gets Started As Holiday Season Gets Underway

Toya Stewart Downey Staff Writer

A new weight loss challenge kicked off earlier this month with the intent of helping its participants lose inches and pounds during what can be one of the most difficult seasons to accomplish those goals.

At least 150 people have pledged to commit to healthy eating and lots of exercise during the holidays in an effort to lose a percentage of their body's weight in a contest sponsored by the Band's Diabetes Program that goes through the end of December.

"We're doing this so people can either lose weight or maintain their weight over the holidays," said the Band's Fitness Coordinator, Jim Ingle. "You can still eat sensibly and hit your goal through portion control."

The way it works is people picked a partner and will take on the challenge as a team. The pair was assigned a goal, and if they hit the goal each of the participants will earn a \$30 gift card along with bragging rights for accomplishing a feat that many find extremely difficult.

Since the competition began, Jim has noticed that more people are exercising during their lunch hours.

Cyndy Travers, a certified dietician and certified diabetes educator, encourages participants to eat small meals throughout the day and "not to starve yourself."

"Drink plenty of water," she said. "Many times people think they are hungry but they are really thirsty."

She said that everyone should strive to eat a balanced plate

that includes more vegetables than anything else.

Band member Carmen Weous is one of the 150 people who have signed up to participate in the challenge. Besides maintaining or losing weight, her goal is bigger — she wants to stop taking medicine to control her diabetes.

"I started to work out to control my blood sugar and went from taking two pills to one pill a day and I was able to stop using insulin," said Carmen. "The weight's been coming off slowly but it's coming off."

Carmen stepped up her fitness routine a few months ago and figures the extra boost of a competition will help her stay focused during the holidays.

"It's been hard work, but I enjoy exercising and it's a big accomplishment for me."

Carmen's dad, Tony Weous, who passed away in January 2014, was a diabetic, but was able to control it through exercise and by doing that set a good example for his daughter.

So far she's lost about 12 lbs. and about three inches from her waistline. Besides participating in the weight loss challenge, Carmen has also joined Weight Watchers.

"My buddy in the challenge will help keep me accountable," she said.

But, more importantly, Carmen is holding herself accountable because she wants to live a long healthy life that is free of medicine.

Helena Moose Graikowski — A Life in Three Cultures

Brett Larson Staff Writer/Photographer

Between Three Cultures

Many Anishinaabe know the feeling of being between two cultures — the dominant culture of Santa Clause, sitcoms and smartphones vs. the traditional culture of powwows, the sugarbush and the Big Drums.

Helena Moose Graikowski adds a third culture to the mix: the culture of the Deaf.

According to the World Federation of the Deaf, “Deaf people as a linguistic minority have a common experience of life, and this manifests itself in Deaf culture. This includes beliefs, attitudes, history, norms, values, literary traditions, and art shared by Deaf people.”

At Helena’s home in District I, she shared her story using sign language interpreted by her daughter, Gilda Burr.

Helena was born to parents Alex and Annie (Davis) Moose in 1938, the second youngest of eight children.

Alex was well known around Mille Lacs and beyond, due to the fact that he was a writer of Indian Compass, a book about Anishinaabe life. Helena remembers seeing him in his workroom, staring into space, deep in thought while working on his writing project.

Annie, Helena’s mom, was the sister of Henry Davis Sr. and the aunt of the late Marge Anderson.

Among Helena’s earliest memories was moving from their home at the end of Indian Mission Road in the winter of 1944, riding in a horse-and-buggy to their new house at the edge of the Chiminising (District IIa) reservation. Alex had purchased the house with earnings from work on the Alaska Highway.

Shortly after the move, Annie took Helena to the Academy for the Deaf in Faribault, where she would spend the next 13 school years until she was 19 years old.

At first she was afraid, unsure where she was going or why. She was shown to her room, where there was a small bed, a chair and some dolls. Her mother slipped out when Helena was playing, and that was the last she saw of her family until Christmas, 13 weeks later.

She missed her little sister Brenda the most. The two were inseparable, and Brenda was her “interpreter.” The two went everywhere together and had their own way of communicating.

Although it was difficult to be away, it was a valuable experience for Helena. In those days, there were no special needs classes or paraprofessionals to help deaf children learn

in mainstream classes.

The school for the deaf taught Helena to communicate in sign language, speech and writing, word by word. It took years to learn to read and write, just as it does for hearing children. In addition to the “3 R’s” and science and history, Helena also learned to read lips and people’s expressions and how to get along as a deaf person in a hearing world.

Early on, she fought with some of her classmates, who



made fun of her for her “dirty skin,” but soon they came to accept each other, forging bonds that would last a lifetime.

Helena has fond memories of being home on breaks from school. She and Brenda would ride their bikes or play with their friend JoAnn Sam. During the winter she would tag along with her brother Freddy when he went hunting. She also enjoyed fishing with her brother Basil. “I always got all the fish, and he would never get any,” Helena signed with a smile.

In late summer the family went ricing. Helena was the poler, and Brenda would knock, but Helena has no illusions about their mastery of the art. “We were just small girls playing around, so we never earned much pay,” she said.

She remembers a day when she was 19, crossing a big lake somewhere, with waves crashing against the boat. “We were in an aluminum canoe going through really rough waters,” she said. “It was challenging to get through, and we were far from land. We didn’t wear lifejackets then, and I didn’t know how to

swim, but it was very beautiful, one of the most serene times I can remember. I wish I had a picture of it.”

Being deaf made it difficult for Helena to understand some aspects of Anishinaabe culture. “When I came home, I would go to the dances and ceremonies, but I didn’t understand the purpose of them,” she said. “I became a little frightened because I wasn’t around it as much as the other kids.”

After graduation, Helena went to cosmetology school, but she was allergic to the chemicals. She thought about going to college, but fate intervened.

Helena had been writing to a boy named Richard from the school for the deaf in Delavan, Wisconsin. The two had met when he came to Faribault for a football game. “When we were at the game, I just wanted to talk to him a little bit, but he kept chasing after me,” Helena recalled.

Eventually the two got married and moved to Appleton, Wisconsin, where they started their family. The two had five children and moved around Wisconsin while working various jobs.

After her children went off to school, Helena worked in a factory making parts for TVs, then went to school for key-punching. Later she operated a drill press and worked for the Postal Service.

Helena’s mom was protective of her when she was on the reservation, for fear that someone might take advantage of “the little deaf girl.” But after attending school and moving to Wisconsin, Helena learned to feel comfortable and unafraid — driving, working and socializing as part of the deaf culture.

“Most of my friends are deaf because that’s who I can relate to,” she said. “And we’re still friends, even after all these years.”

In 1992, after her divorce from Richard, Helena moved to Chiminising to be near her son Corwin and daughter Gilda, who had moved to the reservation. She worked at the casino and received computer training at Anishinaabe OIC.

In 2009 she moved to District I. Her son Corwin had moved to the west side of the lake by then, and he wanted his mom to be close by.

These days Helena enjoys walking her dog to the lake, or sitting on a bench in her yard, or being with her children and grandchildren.

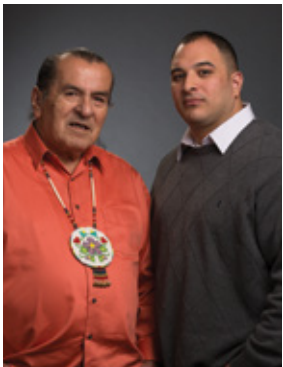
She has attended reunions at the school in Faribault, and she stays in touch with old friends — from three cultures.



Helena Moose Graikowski, right, with her father Alex Moose, son Corwin and grandson Ricky.



Helena loves her home in District I, where she can walk her dog to the lake.



Gikinoo’Amawind – Nanaginind A’Aw Abinoojiinh Teaching and Disciplining Our Children

Lee Staples Gaa-Anishinaabemod Obizaan **Chato Gonzalez** Gaa-Anishinaabewibii’ang Ombishkebines

Booch da-gikinoo’amawind a’aw abinoojiinh gaa-ina’oonwewizid a’aw Anishinaabe. Ishke mii ingiw giniigaaniiminaaning ingiw ebinoojiinyiwijig noongom ge-ni-bimiwidoojig gaa-izhi-miinigoowiziyang anishinaabewiyang. Ishke a’aw abinoojiinh mii-go gaye wiin ezhichiged ani-gikinawaabamaad eni-waabandang eni-izhichigenid iniw ogitiziiman.

We have to teach our children what we have been given as Anishinaabe. Our children are the ones who will be carrying on the teachings we have been given as Anishinaabe into the future. A child learns from observing his or her parents and in turn does the same.

Ishke noongom weniijaanisijig, mii iw ge-izhichigewaapan endaso-giizhik iniw odasemaawaan da-asaawaapan. Agwajiing odaa-asaawaan iniw odasemaawaan ani-bimi-ayaanid iniw Binesiwan. Odaa-biindaakoodaanaawaa waa-mamoowaad bagwaj waa-aabajitoowaad. Odaa-naazikaanaawaa a’aw Anishinaabe okwii’idid ani-biindaakoojiged anooj inakamigizid. Weweni daa-ozhiitaawag da-dazhiikamowaad waa-pagijigewaad ani-naazikamowaad ani-manidooked a’aw Anishinaabe. Da-anishinaabemotaadiwaad imaa endaawaad. Ishke mii a’aw abinoojiinh ge-waabandang mii dash gaye wiin ge-ni-izhichiged ge-ni-inaadizid oniigaaniiming.

What our parents can do on a daily basis is offer up their tobacco. They can put their tobacco outside as they hear the Thunder-beings going by. They can offer up their tobacco to the plants in the wild that they plan to use. They can also attend the ceremonies where the Anishinaabe is offering up their tobacco. They can prepare for these ceremonies by putting their offerings together in a good way that they plan to use in these ceremonies. They can also use the Ojibwe Language as they speak to one another in the home. This is what the young child will observe and will also continue to live his or her life in the same manner.

Ishke ginwenzh igo nibi-naadamawaa ani-ganoodamawag iniw odasemaan a’aw Anishinaabe ani-biindaakoojiged. Ishke dash ingiw aanind gaa-naadamawagig ishkweyaang, azhigwa gaa-ishkwaa-ayaawaad niwenda-minwendaan waabandamaan oniijaanisiwaan ani-bimiwidoonid iniw ogitizimiwaan gaa-izhichigenid gii-pimaadizinid. Ishke mii imaa wenjida ani-waabanjigaadenig gaa-izhi-wawiiingezinid ogitizimiwaabanen weweni gii-gikinoo’amaagowaad geyaabi ani-gikinawaabiwaad ani-bimiwidoowaad iniw ogitizimiwaabanen gaa-wenda-apiitendaminid.

I have been speaking for the Anishinaabe’s tobacco for a good length of time. I really like seeing that some of the Anishinaabe I have helped in this way, that once they have passed on their children continue to carry on in the same way as their parents did. It really shows in how efficient the parents were in teaching their children that they still continue to carry on the same practices that their parents valued.

Daa-nanaginaa a’aw abinoojiinh. Ishke a’aw mindimooyenyiban gaa-nitaawigi’id mii iw gaa-ikidod, “Gaawiin gidinigaa’aasiin a’aw abinoojiinh nanaginad. Gimino-doodawaa.” Ishke noongom niwaabamaag ingiw abinoojiinyag azhigwa ani-baakishimind a’aw Manidoo-dewe’igan ani-aabajichigaazod imaa niimi’iding, mii

imaa gakina ingoji babaamibatoowaad imaa abinoojiinyag endanakamigak. Mii-ko gaa-igooyaan gii-kwiwizensiwiyaan gii-wiiji’iweyaan gii-izhaayaan imaa endazhi-niimi’iding, “Bizaan omaa nanaamadabin. Mii eta-go ge-onji-bazigwiiyamban maagizhaa gaye da-niimiyamban gemaa gaye waakaa’igaansing da-izhaayamban.” Ishke nigii-igoo “Giishpin baamibatooyan omaa baakishing a’aw gimishoomisinaan bangishinan gidaa-wenda-wiisagishin.” Mii imaa gikinoo’amawind a’aw abinoojiinh da-apiitenimaad gimishoomisinaan, aaniish naa mii iw iwidi gaa-onjikaad iniw Manidoon gii-miinaanid iniw Anishinaaben da-apenimonid.

A child should be disciplined. The old lady that raised me had said, “You are not doing a child harm when you discipline him or her. You are doing good to the child.” I see that when we have our ceremonial dances and the drum is laid out to be used, the children are running all over the place in the dance hall. When I went along with those old people to the ceremonial dances as a young boy I was told, “Sit quietly. The only reason you need to get up is to go to the bathroom or to dance.” I was also told, “If you were to run around while the ceremonial drum is being used, if you should fall you will hurt yourself badly.” This is where a young child is taught to have respect for a ceremonial drum, after all the drum came from the Manidoog and was given to us as Anishinaabe to depend on for support.

Ishke dash gaye eko-maajaa’iweyaan, mii imaa noongom wenda-ombiigwewetoowaad abinoojiinyag babaamibatoowaad anooj izhichigewaad. Ishke mewinzhaa gaawiin ingiw abinoojiinyag gii-pagadinaasiwag imaa da-bi-izhaawaad endazhi-maajaa’iweng. Ishke a’aw eni-gaagiigidod ani-maajaa’iwed, ishke imaa gegoo ani-noondang ombiigwewetoonid awiya, mii-go izhi-waniba’igod waa-ikidod.

Ever since I started doing funerals I noticed that today a lot of our children are making a lot of noise running around at the funeral site. A long time ago children were not allowed to be present at these funerals. When the one who is talking at the funeral hears some noise he will tend to forget what to talk about.

Ishke dash i’iw enendamaan noongom waabandamaan ingiw abinoojiinyag ezhichigewaad, mii-go imaa ani-naniizaanendamaan dibishkoo ani-naanaagandawendamaan aaniin ge-ni-inaadiziwaad oniigaaniimiwaang ingiw abinoojiinyag noongom. Ishke mii imaa wenjida da-ni-apiitendamawaawaapan iniw Manidoo dewe’iganan, miinawaa weweni da-doodawaawaad inow gaa-ishkwaa-ayaaniin azhigwa waa-maajaanijin da-ni-aanjikiinid. Ishke ani-gichi-aya’aawiwaad, gaawiin gegoo oda-ni-apiitendanziinaawaa, mii dash geget da-nishwanaadizid a’aw Anishinaabe.

When I see what our children are doing today I begin to be fearful as I think on how these children will conduct themselves in the future. They should especially have respect for the ceremonial drum when it is laid out and should be especially respectful to the spirit of the deceased who is about to leave and change worlds. What is scary about it all is to realize that when these young people get older they will not have respect for anything, and this is when Anishinaabe will go downhill as a people.



Men at Work

Elder Larry Wade helped residents and staff at the Minobimaadiziwin Hotel in District I rebuild their sweat lodge on Nov. 4. Larry said the old lodge was too big to heat efficiently. He quoted the late Margaret Hill, who once pointed to a poorly built wigwam, saying, “A man built that one.” Sweat lodges are generally held on Monday evenings, with some for women, some for men, and some for both. Watch Facebook and the website calendar or call the Minobimaadiziwin for information.

Building Wigwams Is Part of a Larger Quest

Brett Larson Staff Writer/Photographer

When Bradley Harrington learned that Larry “Amik” Smallwood wanted to build a traditional village at the Band’s cultural grounds in Rutledge, he was quick to volunteer his services.

Bradley learned to build a sweat lodge when he was serving a five-year prison sentence for DWI. Since a sweat lodge is built like a wigwam, Bradley figured he could do it.

So far, he has built the frames for four wigwams at the cultural grounds — three to be used for sleeping and one long-house for congregating or additional sleeping quarters.

He’s received help from his friend Cortney Nadeau and a men’s group from the American Indian Family Center. The Band DNR’s forestry department has also made considerable contributions, Bradley said.

It took him more than 10 hours to gather and prepare the poles, which are made of black ash, ironwood and maple. He and two of his sons spent another three or four hours to frame up each wigwam.

He buries the poles in the ground and slowly bends them into shape, tying the poles together where they cross.

Next year, he plans to gather the birch bark to be used to cover the frames. He and Larry also plan to build a cooking area.

“This is all part of my quest to learn Ojibwe,” Bradley said. “Coming here and doing this means I get to hang out with Larry.”

When Bradley was in prison at the Minnesota Correctional Facility in Lino Lakes, he had a revelation that started him on his quest and helped him give up the behaviors that had gotten him in trouble.

It was “Victim Impact Week” in April of 2010, a year after he started his sentence. Two men came in, one pushing the other in a wheelchair. It turned out that the man in the wheelchair had been paralyzed by a drunk driver — the man who was pushing the chair. The two had become close friends after the accident.

“Seeing that forgiveness made me finally able to forgive myself,” Brad said. “I was always feeling sorry for myself, but this guy has to sit in a wheelchair all his life. Watching those two guys interact, it was like part of me talking to another part of me. Ever since then, the relationship I have with myself is getting better.”

Bradley decided he should learn Ojibwe, which might help keep him out of trouble. He had an Ojibwe dictionary sent to him in prison, and other books like William Warren’s History of the Ojibwe People. “For the next 2-1/2 years I just focused on bettering myself, practicing new ways to talk to people,” Bradley said. “I even stopped cussing. As my relationship with myself got better, I was able to have deeper conversations with people.”

When he got out of prison, he considered moving away from the reservation to steer clear of bad influences, but his



On a September day at the cultural grounds in Rutledge, Bradley Harrington showed students from the Chiminising Niigaan program how to build a wigwam.

family and community meant too much to him.

He said to himself, “What kind of place would it be if all the good people got up and left?”

Instead he threw himself into the community. He got a job, signed up for college, joined the powwow committee, and started spending time with accomplished Ojibwe speakers like Larry, Lee Staples, Adrienne Benjamin, Chato Gonzalez, John Benjamin and Melissa Boyd — Bradley’s girlfriend.

Bradley teaches his kids Ojibwe, brings them to drum ceremonies and gets their help at the sugarbush. He’s teaching them to clean fish and process rice.

He also learns from Doug Sam at the District I cultural grounds — how to make a ricing pole and how to tap trees using sumac instead of metal taps.

“Just in a few short years, a lot has changed in my life,” Brad said. “If you were to tell me five years ago I’d be speaking Ojibwe and learning culture, I would’ve said ‘Yeah right. No way. I’m probably gonna keep getting drunk and end up back in jail.’ That was life. And now here I am.”

Bradley has learned enough Ojibwe to converse with other speakers, and even to teach. When a group of kids from the Chiminising Niigaan program came to see the wigwams recently, Bradley took the opportunity to teach them words like “mitig” (tree), “mitigoons” (branch) and “onapidoon” (tie it in place). He asked them “Aaniin ezhinikaazoyan?” (“What is your name?”) and “Aaniin ezhi-ayaayan?” (“How are you?”)

“When I heard the kids were coming, I went through my

notes and made sure I knew some of the words,” Bradley said.

“I was able to not only show them how to build a wigwam, but to practice my pronunciation. With kids this age, anything you say just sinks in. They have a deep hunger for culture and learning.”

Although he’d love to share his knowledge with the next generation, Bradley’s felony means he’ll never be a licensed teacher. But he hopes he may be able to teach adults, be an administrator, or otherwise become involved in passing on knowledge and traditions.

For now, he does it informally, hoping to be a good influence to balance out some of the bad things he did in his past.

In the old days, he used to call his friends to say, “I got a case of beer,” or “I scored some drugs.” Now he calls them to go ricing, or fishing, or even to enroll in college.

“If I were to approach someone to do something good as many times as I did to go out and get drunk, I’d be making a pretty big difference,” he says.

His eyes mist over when he talks about how far he’s come.

“I’m grateful,” Bradley says. “Just being alive is pretty much a miracle in my eyes. With how deep down I went into drugs and drinking and violence, it’s almost too good to be true sometimes. It’s really awesome when I wake up and have a house full of kids, and I can round them up and show them how to turn the rice over, how to sack it up. That’s the least I can do for being the way I was, to give them a good start in life.”



Language and Leadership Group Takes Shape

Young Band members are devoting one Sunday a month to developing their language and leadership skills. The inaugural session was held Oct. 4 at Chiminising Community Center in District II and facilitated by Adrienne Benjamin, Byron Ninham and Laurie Harper, along with other adults. The name the students chose is “Ge-niigaanizijig,” which means “the ones who will lead.” For information on how to get involved, contact Adrienne at Adrienne.Benjamin@millelacsband.com. For more on this story, see future issues of Inaajimowin.

TRIBAL NOTEBOARD

Happy November Birthday to Mille Lacs Band Elders!

Floyd James Ballinger
Carleen Maurice Benjamin
Clifford Wayne Benjamin
Franklin James Benjamin
Irene Bernice Benjamin
Barbara Jean Benjamin-Robertson
Charles Alvin Boyd
William Boyd Jr.
Alice Elizabeth Carter
Mary Maxine Conklin
Mary Ann Curfman
Richard Thomas Dakota
Michael Roger Dorr
Donald Ross Eubanks
Thomas Rodney Evans
Terrance Wayne Feltmann
Roger Granger
Eileen Marjorie Johnson
Bridgette Marie Kilpela
George Vernon LaFave
Sidney Ray Lucas
Darlene Doris Meyer
Mary Ellen Meyer
Marie Linda Nahorniak
Bernadette Norton
Elizabeth Anne Peterson
Ralph Pewaush

Dale William Roy
David Wayne Sam
Leonard Sam
Karen Renee Sampson
Mary Ann Shedd
Kenneth Daryl Shingobe
Ronald Eugene Smith
Maria Ellena Spears
Nora Grace St. John
David Le Roy Staples
Donald Gerard Thomas
John Henry Thomas
Joyce Laverne Trudell
Lawrence Eli Wade II
Linda Marie Wade
Natalie Yvonne Weyaus
Sylvia Jane Wise
Patricia Beatrice Xerikos

Happy November Birthdays:

Happy Birthday **Railei** on 11/4 from mom, Kelia, Cyrell, Candy, Uncle Richard. Love you from Grandma Marlys. • Happy Birthday **Brandi Smith** on 11/9, with love from mom, Brandon, Chantel, Jazmin. • Happy Birthday **Mommy** on 11/9, with all our love, Elias, TANK, Alizaya and Rico! • Happy Birthday to

my wonderful **Auntie Brandi Jo** on 11/9, all my love Ahrianna Grace! • Happy Birthday **Samuel Eugene Benjamin** on 11/13 from Dad, love you! • Happy 2nd Birthday to **Lyric Bedausky** on 11/18. Lots of Love from Dad, Great Gramma Mary, Nikki, Papa, Auntie Taryn, Uncle Rome, Uncle Logan Great Auntie Brenda, Lucas, and the rest of the family. • Happy 3rd Birthday **Rico Garbow** on 11/19, with all our love – mommy, Elias, TANK, Alizaya, Gramma Tammy, Uncle Brandon, Auntie Chantel, Jazmin and Baby Nah! • Happy 2nd Birthday **Fredrick “Freddie” Louis Gahbow** on 11/20. We all love you bunches Bubby! Love, Mommy, Daddy, Gamma TT, Benny, Joshy, Caddy & LoLo! • Happy Birthday **Jason Lee Sam** on 11/22. Happy Birthday to my love, and many more. Love you, Sylvia. • Happy 14th Birthday to the twins **Ryan Pacheco** and **Rylie Pacheco** on 11/27. With lots of love from Auntie Louise, Uncle Rod, Shane, Courtney, Connor, Dan,

Emma, your sister Kelsie, Niece Annabel, and your Brother Syrus.

Other Announcements:

The Public Health Department Smoking Cessation Program would like to congratulate **Barb Laws** on reaching 3 months smoke-free. Part of the program provides incentives for reaching milestones. Barb chose a candle and yoga mat to help keep her on track with her healthy lifestyle goals. Way to go Barb, keep up the good work!! If you would like help with quitting smoking, please contact Amy Maske at 320-532-7760 or Kim Leschak at 320-532-7776 ext. 2407. • Congratulations to **Michael Costello**, who exceeded state standards in math and scored higher than his school, district and state in reading and math. Michael is 14 years old, in the 8th grade at the Sauk Rapids-Rice Middle school. Michael is thinking about engineering as a career but hasn't figured out which college to attend. We all are

so proud of you and keep up the good work. From Grandma Christine Costello, Anthony Costello and auntie Melissa, Maria and Marquell. • Grand Casino Mille Lacs will be holding a Blackjack class that will run for two weeks. Classes will start on Monday December 7, 2015, Monday through Friday from 10 am to 6 pm. Classes will be held in the Blackjack training room. Applications will be valid through Friday November 27, 2015. Interviews will be held on Monday November 30th and Tuesday December 1st. Send your resume to Grand Casino Mille Lacs to jkeller@grcasinos.com any other questions, please call 320-532-8232.

Submit Birthday Announcements

Send name, birthday and a brief message that is **20 WORDS OR LESS** to Myles Gorham at myles.gorham@redcirclegency.com or call 612-465-8018.

The deadline for the December issue is November 15.



WEWIN Fundraiser

The Mille Lacs Band chapter of WEWIN (Women Empowering Women for Indian Nations) hosted a breakfast fundraiser Nov. 5 at the District I Community Center. Members put together a tasty spread of fry bread, hard-boiled eggs, oatmeal, fried potatoes, bacon, sausages, coffee and juice.

Financial Help for Band Members

Bii Gii Wiin is a Native community resource created to help Native community members achieve a sense of prosperity and financial empowerment with the money they earn. We do this through providing individual mentoring and group training programs as a well as an array of resources that help you to plan, manage and save money. Bii Gii Wiin programs are designed to help you make strides in these areas:

- Everyday money management
- Quickly grow your savings with a money-matching IDA- Individual Development Account
- Achieve home ownership
- Start your own business with the help of our Micro Entrepreneur training program

It may seem that owning a home, saving for college or starting a business may be out of reach—especially after paying all the monthly bills. At Bii Gii Wiin we know how tough it can be. Which is why we'd like the opportunity to help you see what's possible and start you on a path to achieving your dreams.

Native financial confidence starts here.

Drop by 1113 East Franklin Ave., Suite 200, in Minneapolis, or give us a call at (612) 354-2249 and set up a time to talk. You don't need to have a plan or prepare anything ahead of time. Just bring your desire to find out more.

Reporters Wanted

The Mille Lacs Band and Red Circle Agency are seeking Band members in all three districts to cover events and provide content for the Inaajimowin newsletter, millelacsband.com, and the Facebook page. If you or someone you know enjoys being out in the community, is active on social media, likes taking photos, or has an interest in writing, send an email to brett.larson@millelacsband.com or call (320) 237-6851. No experience necessary. Hours and pay will depend on work experience, education and availability.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15	16	17 Easy Enrollment Day 10 a.m. - 3 p.m. DI Government Center 50th Iskigamiziga Traditional Pow-Wow Opening Session 5:30 p.m. Grand Casino Hinckley Event Center Open Gym 5:30 - 9:30 p.m. DI Community Center	18 Circle of Health Outreach 1 - 4 p.m. Urban Office Honoring Native American Veterans Dinner 4:30 - 7:30 p.m. Minneapolis American Indian Center Open Gym 5:30 - 9:30 p.m. DI Community Center District III Community Meeting 5:30 p.m. Grand Casino Hinkley	19 Elder Services Meeting Hinkley ALU District 3 Open Gym 5:30 - 9:30 p.m. DI Community Center 16th Annual Feast for all Mille Lacs Band Members 5 p.m. Grand Casino Mille Lacs Corporate Ventures Annual Feast 6 - 7:30 p.m. Grand Casino Mille Lacs	20 Ceremonial Dance Joe & George Mille Lacs	21 Ceremonial Dance Joe & George Mille Lacs
22	23	24 Wiidookodaadiwag Pow-Wow 1 - 3:30 p.m. Central Lakes College Circle of Health Outreach 1 - 4 p.m. District II-A (Isle) Community Center Open Gym 5:30 - 9:30 p.m. DI Community Center	25 Open Gym 5:30 - 9:30 p.m. DI Community Center	26 Mii Gwetch Day Open Gym 5:30 - 9:30 p.m. DI Community Center	27 Mii Gwetch Day Ceremonial Dance Bob & Perry Mille Lacs	28 Ceremonial Dance Bob & Perry Mille Lacs
29	30	Want your event here? Email myles.gorham@redcircleagency.com or call 612-465-8018. Visit millelacsband.com/calendar for additional Mille Lacs Band events. Due to unavoidable delays in production of this paper, the calendar is shorter this month. A full monthly calendar will appear in the December Inaajimowin. You can also visit millelacsband.com for a full calendar of events. Click on "calendar" on the left side of the homepage. If you have items to add to the calendars, please email brett.larson@millelacsband.com or call (320) 237-6851.				

November is National Family Caregivers Month

Jackie Jensen RN Mille Lacs Band Public Health

Let us first take this time to thank our family and friends that are caring for someone now. Your job is hard and often thankless. Be strong and know there is support and help for you out there.

Caregivers are more often females but certainly can be males also. They are often providing care for an elder or disabled spouse, but certainly it could be a parent, friend or even child.

No two cases are the same. What works for one family might not work for yours. There are many places to look for help and support, such as agingcare.com/Caregiver or aarp.org for elders in our lives. Children's services available are cdc.gov or disability.gov.

There are often local facilities that do respite time, which is time that a person in need of care could go into an adult day care while the caregiver is at work, or even stay a few days, allowing the caregiver a well needed and deserved break. Using respite does not mean you are weak or unable to provide care. It just means that you are taking time to be you and taking care of yourself also. If you are not healthy, you will not be of much help to the person you are caring for.

Recently I was talking to a local care giver that stated "I am doing this on my own, the family avoids coming here anymore." This is not uncommon for the family that has a choice to stay away as much as possible. It is hard to watch a loved one's health decline. But remember you are still not alone. You need to have time to deal with your own life issues and circumstances also. You have the right to ask family to come stay with this person, allowing you time to get out even if it's just for dinner. A local hospital or long-term care can do respite services with the correct payment sources. Mille Lacs Band Public Health does offer some assistance with personal cares for people in need of this service, but we do not provide respite or PCA cares.

Talk with the primary care providers for services available in your area. Call the county for other services or options in your area for increased services and assistance with caregivers needs.

Thank you to all of the Caregivers out there. Pat yourself on the back—you're doing great work in a hard field.



If you need anything from Circle of Health, don't be afraid to call one of these friendly ladies. Left to right: Roberta Lemieux, Pam Spears, Jamie Rancour, Ginger Weyaus, Shirley Boyd, Deb Smith, Bonnie John and Mary Kegg.

Make Plans to Eat Healthy and Exercise During the Holidays

Toya Stewart Downey Staff Writer

During the holiday season, it's common for food to take the center stage. Family celebrations frequently include favorite foods and elaborate culinary masterpieces make everyone want to go back for second or third helpings of the delicious dish.

However, experts warn against over-indulgence and urge eaters to practice healthy habits during the festive holiday season.

Cyndy Travers, a certified diabetes educator and registered dietician for the Band, suggests that families look for a "physical activity and not just a food activity."

"Families could go out for a walk as a part of their holiday activities to make the focus on spending time together and not just the food," Cyndy said.

She also encourages people to move away from the food when socializing.

"If you go to a family gathering try to talk to people and not stand around the food when you do it," she said. "That will cut down on the nibbling."

Band member Carmen Weous is focusing on maintaining her weight during the holiday season. She has joined the fitness challenge offered by the diabetes program and is exercising daily. Sometimes she's walking, working out at home or during lunchtime with others at the District I fitness center.

"My goal is to go daily and do the circuit training that Jim Ingle has set up," said Carmen referring to the Band's fitness coordinator's daily circuit training sessions.

She admits that even though she's focused on her goals, the holidays make it harder to remain disciplined.

"It's tough because during our ceremonials there's a lot of food that isn't healthy...like frybread and dumplings," she said.

Still, Carmen plans to practice disciplined eating as much as possible. She will drink a lot of water, and fill up on fruits and veggies. She recently gave up drinking Diet Coke – which she loves – in an effort to lose weight.

Cyndy offers other suggestions that could help cut calories and make it easier to lose or maintain weight during the festive season ahead.

"Bring a healthy dish to any gathering you attend, start your day with a healthy breakfast so you're not starving and don't deny yourself," Cyndy advised. "Just take smaller portions or have a salad or soup first to take the edge off of your appetite."

She also advised that people should eat bigger volumes of less calorie-dense food too, so they feel satisfied.

Other tips include substituting fruit, like applesauce, for oil in recipes, avoiding artificial sweeteners and paying attention to beverages that are consumed. Cyndy suggests that sparkling water can be festive and a good substitute for carbonated beverages. She also says to avoid starchy foods and vegetables such as peas and corn.

Grilling, broiling and baking are also good ways to practice healthy eating during the holiday. While it may be succulent, it's better to avoid the fried turkey and stick with grilling or baking the bird.

Other tips to remember:

- Incorporating traditional foods such as fish, rice and veggies can help cut the calories and fat that can be found in the typical holiday meal.
- Don't skip meals because you'll end up hungrier and will eat more than intended.
- Eat slowly and savor every bite. It often takes 20 minutes before your brain will register that you are satisfied.
- Don't waste calories on foods you don't like. Choose the foods you really want and keep the portions small.
- Choose smaller portions of foods so you can sample several food items.
- Balance your meals to include equal portions of healthy choices and rich, high calorie foods.
- Fill up on fruits and veggies and other healthy snacks.
- Drink lots of water, cut back on high calorie beverages.
- Don't diet during the holidays. You could end up feeling deprived and could end up overeating. Focus on weight management instead.
- Be cautious of sugary foods – rich, sugary treats tend to make you crave more. Fight the urge with fruit or a small, satisfying portion of your favorite treat.
- Eat a light snack before going to holiday gatherings.
- Don't skip on your exercise routines.
- Enjoy your time with your family and friends and make them the center of attention, not the food.

Gloves for Hides

The Mille Lacs Band will give out gloves for deer hides this fall at deer registration stations. The District I, contact licensing agent Kevin Stobb at (320) 532-7896 or kevin.stobb@millelacsband.com; District II, Randi Harrington (218) 768-3311 or randi.harrington@millelacsband.com; District III, Vanessa Gibbs (320) 384-6240 ext. 230 or vanessa.gibbs@millelacsband.com. In District IIa, contact Carmen Green at (320) 676-1102 or carmen.green@millelacsband.com. In the Urban Area, contact Barb Benjamin-Robertson at (612) 872-1424 or barb.br@millelacsband.com.

Cultural Skills Teachers Wanted

The Mille Lacs Band DNR is seeking community members in

all three districts and the urban area who would be willing to teach cultural skills like hunting, snaring, trapping, processing, brain tanning, sugarbush, netting, ricing skills (pole making, knocker making), birch bark harvesting and others. Contact Rachel Shaugobay for more information at (320) 532-7443 or rachel.shaugobay@millelacsband.com.

HHS Feedback Form

If you have an idea about how the Band's Health and Human Services Department can serve our Community better, the Office of Quality and Compliance has a form on the website for your suggestions, questions, concerns, complaints or feedback. <http://millelacsband.com/.../health-and-h.../quality-compliance/>

Are you an Elder or do you know an Elder who has a story to tell?

The *Ojibwe Inaajimowin* is looking for Elder stories for upcoming issues.

Send your name, contact information, and a brief description of the Elder you would like to feature to toya@redcircleagency.com, brett@redcircleagency.com or mick@redcircleagency.com or call Mick at 612-465-8018.

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Heating, Water, and Maintenance Problems?

During normal business hours: tenants in Band rentals and Elders living within the service area should call 800-709-6445, ext. 7433, for work orders. **After business hours:** tenants with maintenance emergencies should call 866-822-8538 and press 1, 2, or 3 for their respective district.

Free Hearing Evaluations

Evaluations take place on the second Friday of each month at Ne-la-Shing Clinic. Call 320-532-4163 to schedule an appointment. Walk-ins are welcome — we will do our best to serve you. Ask us about the \$1,000 in hearing aid benefits you can receive from the Circle of Health.

Hearmore Hearing has offices in Saint Paul and Osseo. To schedule an appointment Monday through Friday, call the Saint Paul office at 651-771-4019 or the Osseo office at 763-391-7433.

OJIBWE INAAJIMOWIN

THE
STORY
AS IT'S
TOLD

DECEMBER 2015 | VOLUME 17 | NUMBER 12



CORPORATE VENTURES HOSTS FALL FEAST

PAGE 7

CHIEF EXECUTIVE
PLAYS BIG ROLE
AT SUMMIT

FOSTER CARE
FAMILIES
NEEDED

LONG-TIME
TEACHER STILL
LOVES HER JOB

YOUTH PROGRAM
TRAINS FUTURE
LEADERS

MESSAGE FROM THE CHIEF EXECUTIVE

MELANIE
BENJAMIN
CHIEF EXECUTIVE



Aaniin, Boozhoo! While it has only been two weeks since the last newspaper came out, there has been no shortage of activity in Band government. As Chief Executive, I've been doing a great deal of work in Washington D.C. on issues critical to the Band, which I will discuss in more detail at the State of the Band Address on Tuesday, January 12th, at the Grand Casino Mille Lacs Convention Center.

The November 19th Community Feast was a huge success, and everyone who attended seemed to have a wonderful time. We had a lot of fun playing games and hearing about how our businesses continue to grow. Earlier that same week, the Band Assembly and I met with Commissioner Joe Nayquonabe for our quarterly meeting where we receive detailed information about our businesses and also provided directives and input to Corporate about our vision for economic growth. As Joe shared with Band Members at the Community Feast, our businesses are doing very well. With the purchase of a second Double-Tree hotel in St. Louis Park, our hospitality profile continues to strengthen and grow. Miigwech to Joe and his staff for their good work!

On November 23, I was invited to speak at Central Lakes Community College about "Why Treaties Matter," which was an important educational opportunity for our non-Indian neighbors. At that event, I discussed how many non-Indians mistakenly think that treaties are unfair because they "gave" special rights to Indian people, which is not true. The treaties primarily gave special rights to the non-Indians. Treaties were a real estate transaction in which tribes transferred to the federal government most of the land in Minnesota, creating the right of non-Indians to settle on lands that used to belong to the tribes. As Mille Lacs Band Members, we didn't gain new

harvesting rights. We reserved (kept) our rights that we always had to hunt, fish and gather on lands we had always used. Without treaties, non-Indians would have no right to occupy the lands they own today, so all Minnesotans should support our treaties.

The Commissioners and I convened a Cabinet Meeting on November 25th, where we focused on the strategic planning process and ways to maximize government efficiency and service delivery. I also provided an update of the work that I've been focused on at the federal level to address many of the challenges we're currently working on.

On November 19th, I attended an All Elders Meeting in Hinckley, and heard valuable feedback and ideas from elders about many different issues, including the opiate crisis. Recently, a mailing was sent to all households regarding the work we are engaged in to stop this epidemic. This continues to be a top priority.

Preventing ourselves and our family members from being exposed to opiate medication is the first step to stopping this epidemic, so I want to say a few words about that. All Band Members should be aware that we have strong scientific evidence that Anishinaabe people are what doctors call "rapid metabolizers" of opiate-based pain medications, such as Vicodin, Oxycontin, Percoset, Morphine, etc. This means these drugs move through our systems very quickly, which puts us at especially high risk of becoming addicted.

Studies have shown that the majority of people addicted to opiates, including heroin, first became addicted while taking an opiate-based pain medication prescribed by a doctor for an injury or medical procedure. Most physicians and dental professionals do not know that they should never offer opiate-based

pain medications to our youth when a drug like Tylenol, Advil or aspirin can relieve pain. It is especially important that parents, grandparents and caregivers be involved when their youth are being treated for any injury, because you may have to advocate against these drugs. I have personally had the experience where I ended up arguing with a medical provider who wanted to prescribe an opiate to me for muscle soreness. She insisted that I was not "the kind of person" who would abuse the drug. I had to explain to her that opiate addiction has nothing to do with a person's character, and there was no way I was taking that drug. I refused the prescription. I'm sharing this story because I think we all need to be vigilant about the dangers of taking these prescription pain-killers, and know that there are risks for us that our own doctors might not even know about. None of us are immune to addiction, and as parents and grandparents, it is critical that we are armed with that knowledge.

Finally, as we head into the holiday season, let us remember that for too many families, this is not the "most wonderful time of the year" (as the song goes). Many families were touched by loss this year, and the first holiday season without a loved one can be extraordinarily difficult. Let's remember to put out our asema for those in our community who are struggling right now, whether due to loss of a loved one, depression, violence or addiction. A kind word, gesture or checking in on those who are struggling can make a huge difference in a person's life!

Have a safe and wonderful holiday season, and I look forward to seeing everyone at the State of the Band Address on January 12!

Chief Executive Plays Big Role at White House Summit

Brett Larson Staff Writer

Chief Executive Melanie Benjamin was surprised and honored to be asked to moderate two of the 12 breakout sessions at the White House Tribal Nations Conference Nov. 4 and 5, and she was happy to do her part.

On Nov. 4, Melanie moderated a panel on Restoring Tribal Homelands: Land into Trust. Federal officials on the panel included Larry Roberts (Principal Deputy Assistant Secretary of the BIA), Mike Black (Director, BIA), and Gina Allery (Sr. Counsel for Indian Affairs, Office of the Attorney General).

In her opening remarks, Melanie talked about the Band's history, including the fact that of the 61,000 acres promised the Band, all but 2,600 were allowed to be settled by non-Indians. She said the 1934 Indian Reorganization Act, which allowed tribes to place land into trust, "was an attempt by the Congress to undo a great wrong. The fee-to-trust process is the only means available to us to restore to even a very limited extent our vastly depleted trust-land base."

She also told about Mille Lacs County's opposition to the Band's fee-to-trust applications (see story above).

On Nov. 5, Melanie moderated a panel titled "Federal and Tribal Partnerships in Law Enforcement and Public Safety Initiatives," which included federal officials from both the Department of Justice and the Department of Interior.

She spoke about the Band's law enforcement agreement with Mille Lacs County, and about the County's opposition to the Band's request for additional federal law enforcement aid under the 2010 Tribal Law and Order Act.

Melanie was also able to spend time with Karen Diver, the former Fond du Lacs Band chairwoman who was appointed on Nov. 2 to serve as special assistant to President Obama on Native American affairs.

"I have worked with Karen Diver for many years, and I know she will be the most effective advocate we've ever had in the White House," Melanie said.

Tribal Nations Leadership Council

In late October, just before the White House summit, Melanie attended the Tribal Nations Leadership Council (TNLC), hosted by the Department of Justice's Office of Tribal Justice. Melanie represents the Midwest region on the Council, which includes Minnesota, Wisconsin and Michigan.

The council met with Acting Associate Attorney General Stuart F. Delery who described the department's efforts to address public safety and to strengthen tribal sovereignty. The TNLC provided suggestions to improve the department's grant programs, its support for tribal youth and the implementation of

special domestic violence jurisdiction in the Violence Against Women Reauthorization Act of 2013, and expanding tribal access to federal criminal justice databases, among other topics.

Afterwards Melanie said, "Whenever I had the opportunity, I talked to every federal official I could about the importance of getting our Tribal Law and Order Act application done so we can finally get federal assistance to fight crime and drugs."



Melanie met with Fond du Lac Chairwoman Karen Diver shortly after Karen was appointed Special Assistant to the President on Native American issues.

Mille Lacs County Claims Band is Not Federally Recognized

Brett Larson Staff Writer/Photographer

Mille Lacs County and the state have long argued that the Band's 61,000-acre reservation, as established in the Treaty of 1855, does not exist.

Now the County has upped the ante on its attacks against the Band. In a recent argument against the Band's application to put land into trust, attorney Randy Thompson, on behalf of the County, said the Band is not a federally recognized Indian tribe.

In January, the Band applied to put land known as the "Betlatch parcels" into trust. The property is home to the District I cultural/immersion grounds and is used for Midewiwin ceremonies.

On Sept. 30, the application was approved by the U.S. Department of Interior, and on Oct. 29, Thompson filed an appeal on behalf of Mille Lacs County, saying the Band is not federally recognized except as a member of the Minnesota Chippewa Tribe.

Thompson's argument would throw into doubt all sorts of court decisions and developments over the decades. If the Band is not federally recognized, then the Supreme Court may have afforded the Band improper party status within the 1837 Treaty rights case, the State of Minnesota may have erred in recognizing the Band's right to build two casinos, and many other properties put into federal trust on behalf of the Band should not have been.

Thompson's appeal on behalf of Mille Lacs County also repeats the county's claim that the 1855 Reservation has been disestablished, and therefore the Betlach parcels, which are

within the boundaries of that reservation, should not be put in trust. To put land into trust that is part of a disestablished reservation would be "unconstitutional, unlawful and exceeds the authority granted the Secretary of the Interior."

The appeal also claims that the Band does not have need for additional trust land, given its financial resources and other assets, and that it is unconstitutional for the U.S. to remove land from state jurisdiction.

The Department of Interior's decision in favor of the Band addresses the arguments in the County's appeal, stating that the Band was recognized under the 1934 Indian Reorganization Act, that parcels on Indian reservations, even if they are disestablished, can be put into trust, and that the Band does have a need for the parcels to be put into trust for the exercise of treaty rights and performance of sacred ceremonies. The decision also states that placing land into trust has been declared constitutional in federal court.

The Department of Interior determined that since the Band only owns 4.3 percent of its original reservation, putting the land into trust helps to "ameliorate the damage" of the allotment policy, which is one of the legal justifications for placing land into trust. The Department also ruled that the loss of tax revenue to the County and Kathio Township would be "minimal" — a total of \$1,700 per year.

Kathio Township did not respond to the Band's application.

Thompson's history

Thompson represented Mille Lacs landowners in their unsuccessful opposition to the Band in the 1837 Treaty case. He

has contracted with the County for years on various matters related to Indian law, including the County's losing federal suit over the 1855 Reservation boundaries.

In 2007 and 2008, he was hired as special counsel when the County and Band temporarily severed the mutually beneficial law enforcement agreement. He has also worked for Proper Economic Resource Management (PERM), an organization opposed to treaty rights and tribal sovereignty.

In 2013, the county hired Thompson to write its response to the Band's request for increased federal law enforcement under the 2010 Tribal Law and Order Act. Thompson rehashed his arguments that the 1855 Reservation does not exist and concluded with an ominous warning that the Band was not being honest in its application: "The Request has little to do with a need for Federal concurrent criminal jurisdiction. Rather, the Request is an effort to use the Department of Justice as the forum to incrementally reestablish the Mille Lacs Reservation as Indian country."

In 2014 Thompson was hired by Enbridge Energy to oppose tribal rights activists who said their treaty rights gave them a say over pipeline routes.

On April 21 of 2015, the county board unanimously voted to "Retain Randy Thompson for work on Indian law-related matters, as requested by the County Board or designee."

According to the county administrator's office, the county has made no payments to Thompson or his firm in 2015. However, he has written the county's opinions on two recent fee-to-trust cases.

Isle School District Expands Services to Indian Students

Toya Stewart Downey Staff Writer **Brett Larson** Photographer

Outside of education circles, it may not be commonly known that Minnesota holds the national title as the state with the largest achievement gap between Native American students, students of color and white students.

Yet, those who work in schools across the state know that the gap exists, and they know that it needs to change. They know that Native students and students of color have the ability to succeed academically and to help narrow the gap.

Just ask Band member Carla BigBear, who works as the American Indian Academic Interventionist for Isle Schools, or Shawn Willis, the school's American Indian Home-School Liaison.

"Our roles are important because it gives the Native American students and other students another resource to use at Isle schools," said Carla. "We don't work just with students and staff. We also work closely with the families to ensure success on attendance, academics, and school program participation."

Carla, along with Shawn Willis, began working at the school this fall. They both work with students in kindergarten through the 12th grade.

In their roles they offer support for students including monitoring their grades, tutoring, attending classes with students and providing transportation for students who may have missed the morning bus.

"We work closely with the administration, teachers and families to ensure the success of students," Carla said.

Both Carla and Shawn have noticed that since they began in their roles they've seen an increase of students coming in for help with their homework, and they've noticed that students have been more engaged in their classrooms.

"We hope to impact the students by helping them increase their grades and attendance in school," she added.

Shawn, who also is the Mayor of Onamia, says the services

he and Carla provide are a "wrap around approach." They focus, he said, on the whole child and their life both inside and outside of school.

"We have to help them any way possible to make them successful," he said.

Dean Kapsner, the superintendent for Isle Schools, said the district is finding ways to make student achievement a priority.

"Connecting school and family has been a focus, and having Carla and Shawn has been a big help," said Dean. "They were in the building already because of their work with Niigaan, so families know them, the students know them and having them in these new roles was, quite honestly, the best way to use our funds."

Both Carla and Shawn still work with students through the Chiminising Niigaan program but added the school partnership thanks to grant funding that the school received this year.

Dean said it was a natural connection and that it's been a great way to meet the needs of the Native American students at Isle schools.

Their presence allows the kids to develop a trust and relationship that goes beyond a 50-minute class and that lasts throughout the school day and beyond. The students can interact with Shawn and Carla in a group or one-on-one setting.

"I think there is a great need for schools to have people in their schools such as Shawn and I," said Carla. "Some students feel more comfortable opening up to us, not just about academics, because we work with them in and out of school."

In the short time that the two have been at the school, they have already seen an increase in some of the students' grades, attendance and their attitudes about school, Carla said.

That's exactly the kind of outcome Dean was hoping for.

"We're hoping this closes the achievement gap and that we see our students achieve academic success," he said.

Shawn agrees and considers himself fortunate to work in a role that impacts the lives of students.

"I love this job," he said. "I don't know if they could pay me enough money to leave."



Shawn Willis and Carla BigBear are now working for the Isle School District in addition to their duties with the Niigaan program.

Drug Crisis Leads to Shortage of Indian Foster Homes

Brett Larson Staff Writer/Photographer

The ongoing drug crisis in the Mille Lacs Band community is not just about individuals struggling with addiction. It's also about families, as children are placed in foster care because their parents are unable to care for them.

Statistics tell the story. During 2015, there has been a 39 percent increase in the number of Mille Lacs Band children in foster care. That unprecedented increase means there is a severe shortage of foster homes as well as Family Services staff.

The number of Band member foster homes has been stable for many years. That means the Band's Family Services Department may not be able to place children in Band-member foster homes or other tribal foster homes.

Both the Indian Child Welfare Act (ICWA) and the Mille Lacs Band statutes promote the placement of Band children in

Indian homes. But unfortunately, due to the shortage of Indian foster homes, the Band may have to seek other alternatives to place children in suitable licensed homes, which may include non-tribal homes.

And sadly, there is also a shortage of non-Indian foster homes. Changes to Minnesota law have resulted in more children than ever being placed in foster homes.

The Mille Lacs Band Family Services Department is hoping more Band member families will consider taking in foster children.

An employee of the Band's Family Services Department said, "Normally there are family members who step forward, but now many of those family members are taking care of other kids or don't meet the requirements."

The Band's Family Services Department is also severely understaffed. Caseloads for social workers are double or even triple the recommended number. The department has not been fully staffed for more than two years.

On the positive side, the Band is working on a family preservation program that will work proactively with families to keep children from being removed from their homes.

The Band is also working on training foster parents to work with children who are often troubled because of the trauma they've suffered.

Those who are interested in becoming foster parents should call (320) 532-7776.

Foster Families Help Children, Tribal Community

Brett Larson Staff Writer

For many Band member families — as well as members of other tribes — providing foster care is a meaningful way not only to help children but also to ensure that Anishinaabe culture remains strong.

District I Representative Sandi Blake has opened her home to several foster kids over the last decade. To her, it is important that children are placed in homes that feel familiar.

"A lot of the children are coming from troubled homes, so it helps them to feel a little better if they're with a family that is similar," said Sandi. "It is really important that we keep our children with their families if possible, or in our community, to find people who love and care for and nurture them, and also give them that cultural connection."

Sandi said she knows many grandparents who are making great sacrifices to care for family members. In some cases, Band members try to avoid getting involved with Family Services, but it may be in the best interest of some children.

"It's scary and worrisome," said Sandi. "I see a lot of grandparents trying to help their children on their own, and a lot of them are on limited incomes. I feel bad for the children who may need foster care but are under the radar of the foster care system." Once the children are in foster care, the children and families have access to therapy and medical services they might not be receiving.

Sandi has cared for a range of children, from newborns to grade-schoolers, and for periods lasting from a couple weeks to three or four years. She said those considering taking in children can start by providing respite care on weekends, or temporary emergency care. After that they can decide if longer-term care is right for them.



District I Representative Sandi Blake has cared for foster children for several years. She attended the Corporate Ventures Fall Feast Nov. 19.

Some may be scared off because they don't know if they can handle the behavior of children who have undergone trauma, but in Sandi's experience those behaviors improve with time. "The kids I see in foster care, a lot of them have issues, but once they start stabilizing, they're just happy kids," said Sandi.

Thelma and David Baker, who have provided care to many children for over 30 years, would agree. They currently have 10 Indian foster children, and to them, seeing that change is the most rewarding aspect of providing foster care.

David cited some examples. One boy, on his first day in the Baker home, scrambled to clean up his sibling's spilled milk — fearful of the consequences. Now, he has a more easy-going and trusting attitude.

Another child came in as a below-average student and is now succeeding in advanced classes, including a score of 102

"It is really important that we keep our children with their families if possible, or in our community, to find people who love and care for and nurture them, and also give them that cultural connection."

— Sandi Blake

percent in math.

A third came to them heavily medicated and is now completely drug-free.

"When you're able to give them structure, discipline and security, the things they can accomplish are amazing," said David.

Thelma agreed. "It's very rewarding to see the success and watch them change. Nothing can make you feel better."

As a Mille Lacs Band member, Thelma also considers the importance of foster care to her tribe. "In order for the Band to be successful in the future, we need to raise successful children, because they are our future."

"Everybody needs a purpose," said David, "and I can't think of a better purpose than to help a child in need."

David and Thelma would be happy to talk to anyone considering foster care. Contact the Band's Family Services department at (320) 532-7776 for contact information.



Quit Month Events

Carol Hernandez and Amy Maske came to each district in November to talk to Band members about secondhand smoke and smoking cessation. Those who attended received a healthy meal and played Ojibwe bingo. To find out more about secondhand smoke, call Carol at (320) 532-7812. To learn about the Band's smoking cessation program, call Amy at (320) 532-7760.



Band Plays Lead Role in Bringing Bass Tourney to Mille Lacs

The Toyota Bassmaster Angler of the Year Championship is coming to Lake Mille Lacs in September of 2016. This tournament is expected to boost the local economy and bring thousands of visitors to the region, thanks to Grand Casino.

Earlier this year, the Minnesota DNR announced that it would allow culling of bass in tournaments on Mille Lacs, hoping to lure Bassmasters or other organizations to the lake.

Shortly afterwards, Mille Lacs Corporate Ventures Public Relations Manager Sarah Barten was contacted by Bassmasters to explore the option of a tournament.

All they needed was a host to sponsor it.

Grand Casino stepped up to the plate, and negotiations began in earnest. Soon, the final contract will be signed and planning will begin.

Sarah sits on the Mille Lacs Area Tourism Council and, along with Grand Casino General Manager Tracy Sam, took the lead in negotiations with Bassmasters.

"Grand Casino is proud to be a popular tourist destination for the Mille Lacs area and we look to sponsor events that will also bring new people to the region, help with tourism and have a positive economic impact," said Sarah. "This tournament was the perfect opportunity."

Tracy added, "We've always believed that if the Mille Lacs area is successful, we'll be successful, and vice versa."

Sarah said they consider several questions before investing in an opportunity like this: Does it serve the entire community? Will it make an economic impact? Will it bring people in from outside the area? Will it be an entertaining event that complements the spirit of fun at the casino?

The Bassmaster tournament met those qualifications, so Grand Casino made the decision to invest in the sponsorship to bring the tournament to the area.

"We are pleased that the tournament will showcase the diverse recreation opportunities around the lake to visitors from far and wide," said Tracy. "Ultimately it's a partnership that benefits everybody, showcases the other species in the lake and exposes visitors to this great area that we've always called home."

Bassmasters will come for a site visit early in 2016. Sarah said, "There's a lot of planning to do, and we're excited to get started."

Sarah noted that the economic impact is not limited to the days of the tournament. Anglers may spend weeks "prefishing" prior to the tournament hoping for a share of the generous prize money.

Bassmasters ranks Mille Lacs as the tenth best bass lake

in the country, making it a perfect location for its signature event. When the tournament was held in Texas in 2013 it drew 30,000 people and generated more than \$2 million in economic impact.

Tina Chapman, the executive director of the Mille Lacs Area Tourism Council, said, "We have a rich history of great fishing in this community, and this tournament is a chance to increase awareness of numerous fishing opportunities to new anglers. This is great news for businesses and communities all around the lake."

State DNR Commissioner Tom Landwehr said, "We are very pleased that Bassmaster has recognized something we've known for years — that Mille Lacs Lake is a world-class small-mouth bass fishery. We're thrilled that anglers from all across the nation will get to experience and see what Mille Lacs Lake and the surrounding community has to offer. To boot, Bassmaster announced that the potential economic benefits could be \$3.4 million for the region."



"We've always believed that if the Mille Lacs area is successful, we'll be successful, and vice versa."

— Tracy Sam

Old Friends Take New Positions in Chief's Office

Brett Larson Staff Writer/Photographer

Chris Gahbow and Quintin Sam both got their nicknames as babies. Says Chris, who's known as Spud: "It happened when I was first born. My uncle said, 'Look at him! He's got a spud for a head!'"

Quintin, or Bone, was also named for his head. "Somebody said I looked like I had a bonehead, and it got shortened to 'Bone.'"

That's not all they have in common. They play together in Timber Trails drum group, and they've been singing together since high school.

As far as day jobs go, they're also spending more time together, since Bone took Spud's old job as receptionist in Chief Executive Melanie Benjamin's office.

Spud was promoted last summer to Deputy Assistant to the Chief Executive. The post was previously held by Percy Benjamin, who was promoted to Commissioner of Community Development.

Spud has worked in the office since 2013. He worked his way up from receptionist to office manager and now deputy assistant. He says he liked his old job but was looking to take the next step and was ready for greater responsibilities.

Before Melanie gave Spud his promotion, she asked him to help her find a new deputy assistant. "Think about it over the weekend," she said. When he came back in, and they couldn't settle on the right person, she said, "What about you, Spud?"

He thought about it and answered, "Uhh ... Sure!"

As Melanie's deputy assistant, Spud is in charge of operations of her office, including managing her schedule and supervising a staff of four.

"There are a few things I'm still learning," he said. "This is my first supervisory position. I'm also trying to familiarize myself with Band statutes and everything else that comes with the job."

Asked why he thinks Melanie chose him, he said, "I have a good attitude I guess. I'm not one to be rude to be people. Up

here you have to realize that this is business. It's important to not take anything personal."

Spud attributes that attitude to good role models: Melanie, his Grandma Panji Gahbow, teachers Jack and Darrell Kingbird, and his mom, Tammy Gahbow, who works in the Department of Labor.

He also credits his grandfather, the late Art Gahbow. Spud was young when he passed away, but he remembers him as a joker who liked to poke fun at him. "He liked to pick me up and take me out to eat," Spud recalls. "My mom would tell me stories about him. She said no matter if someone was mad at him, or he was mad at them, he'd always talk to them. I remember him as a good man."

Growing Up

At Nay Ah Shing in the early 2000s, Spud was getting into singing powwow, learning from teachers Darrell Kingbird and John (Slick) Benjamin, who was a couple years older than Spud.

Bone was more interested in sports. "I said to Spud, 'If you join basketball I'll start singing with you.'"

Spud nods. "That's exactly how it happened."

With Slick, the two started a powwow group called 'Sick Fly,' but a couple years after Spud graduated in 2005 and Bone in 2006, they parted ways for a while.

Spud taught music and dance at Nay Ah Shing before becoming a full-time "powwow person" for a few years.

Bone joined the Marines, serving four years as a heavy equipment mechanic, mostly in southern California. He wanted to challenge himself, and he was proud to be the first member of his family to serve since his grandpa, Fred Sam.

When Bone was discharged in 2011, their paths converged again, and they got the band back together under a new name: "Timber Trails" — after a road in District I.

They've been joined by Percy Benjamin, and they're now asked to perform often at functions around the reservation and

at powwows around the region.

Bone says the military was a positive influence on him, along with his mom, Denise Sargent, who works in Elder Services, and his dad, George Pendegayosh, who works at the Indian Museum.

Melanie is impressed with both young men, and she has high expectations of them.

She said, "Spud has vision, a nice personality and a team approach. He and Bone are the kind of people we want to see as leaders of the Band in the future."



Quintin Sam and Chris Gahbow have known each other since childhood and now work together in the chief executive's office.

Minisinaakwaang Student Pursues Travel, Language

Brett Larson Staff Writer

Minisinaakwaang Leadership Academy student Molly Bohanon is only in 9th grade, but she's already had adventures to remember for a lifetime.

Last summer she went to Tanzania, Africa with Global Leadership Adventures, thanks to her dad, Dennis Bohanon, who funded her adventure.

Why Africa instead of Europe, South America or Asia? "My dad was in the Army, and he told me he's been to every continent except Africa, so I wanted to tell him what it was like," said Molly.

When Molly was only 12 years old, her love of travel was piqued when her grandmother, Band Elder Marene (Boyd) Hedstrom, helped her to achieve her dream by paying for her first overseas trip to Europe with the People to People program. Molly was able to see many of the famous sights in France and Italy, such as the Parthenon, Venice and Vatican City. Grandma jokes, "I finally paid that trip off. Now we will see where she wants to go next!"

Waiting at home were Molly's mom, Band Member Mary Sue Anderson, and her gaa nitaawig'id, Vincent Merrill Sr.

In Tanzania, Molly was in a group of 24, living in a small village near Moshi, which is at the base of Mount Kilimanjaro. During the day they taught English at the local school and planted trees with the students.

"The last day made me cry," Molly said. "I was sad to leave the kids."

Molly's traveling companions were from all over the U.S.

— and beyond. She spent most of her time with five Chinese students: two from China, one from Vancouver and two from San Francisco. Since her return, she's also remained friends with a girl from Boston.

After returning from Africa, Molly didn't stay home long. In October, she flew to Portland with Minisinaakwaang staff members Josh Mailhot, Wanda Jackson and Brie Peterson. Molly was able to network with students from other tribes and learn about college and career opportunities.

Molly's travels have given her an interest in culture and a passion for language. She's a serious student of Ojibwe, which

"Most kids don't understand the importance of trying to learn the language," said Molly. "I think that's sad. If we don't learn it, no one's going to learn it, and it's going to be gone."

Molly has been exposed to Ojibwe at home and through attending ceremonies both locally and in Wisconsin with family, so she understands the relationship between language and the ceremonies that have kept the Anishinaabeg strong. Having the opportunity to listen to her Gram and Vincent use terms and phrases that are not commonly used anymore, she has developed an interest in revitalizing the "old style."

Although she'll continue learning the language, her main academic interest is science. She likes physics and math and has had the same teacher, Ms. Wagner, throughout middle school and high school.

That's another thing Molly loves about Minisinaakwaang.

"There's a small number of kids, so it's really tight knit," she said. "You get more one-on-one time with the teachers and you get to form a relationship."

One of Molly's goals in terms of Ojibwe Language is to translate the Baraga Dictionary to double vowel so learners can be exposed more to the "old style" language.

Molly has been a student at Minisinaakwaang Leadership Academy since it opened in 2007, entering with the first class of first graders. The school has helped her develop a love of learning, and she feels fortunate to be raised in the close-knit, traditional community of Minisinaakwaang.



Molly loves life in the Minisinaakwaang community, but she also takes every opportunity to travel.



Nay Ah Shing Students Take Knowledge on the Road

Toya Stewart Downey Staff Writer

Students from Nay Ah Shing upper and lower schools had an opportunity to share their knowledge of Ojibwe culture, history and language at the Minnesota Indian Education Association (MIEA) conference held in early November.

The seven students, four from the lower school and three from the upper school, participated in a conference-sponsored Knowledge Bowl that tested them on how well they know the ways of the Anishinaabe.

The students — Adam Carrigan, Jr., RaeAna Sam Nickaboine, Jarvis Sam Nickaboine, Morgan Boyd, Mia Anoka, Jennifer Mitchell and Ronni Jourdain — competed against 15 other teams during the event, which was held at the Shooting Star Hotel, Casino and Event Center in Mahanomen, Minn.

"It was really fun, but it was hard, too," said Jarvis, 11, who is a fifth grader. "We were going against other teams and we were asked hard questions like how to say, 'see you again' in Ojibwe."

For that question, the Nay Ah Shing team ended up in a three-way tie as the teams vied against each other to pronounce "gigawaabimin miinawaa" (see you again).

"It's a long word," Jarvis said.

Though the Band's team didn't win the Knowledge Bowl, the experience was well worth it, said Joe Montano, the parent coordinator for Nay Ah Shing Schools.

"It was a really good experience for the kids and they did really well," he said. "It can be overwhelming with all of the people there who are watching or playing against them, but

is part of the reason she loves Minisinaakwaang. The teachers she's encountered have helped her make great progress in language learning. She's grateful to Branden "Husky" Sargent, Deb Northrup, Shawn Killspotted and Winnie LaPrairie — with whom Molly has a special relationship.



Jarvis, Rae Ana and Adam competed in Knowledge Bowl in Mahanomen in November.

they did a great job."

The students readily agreed that the lessons they learn at school helped prepare them for the event. Unlike some of the other teams, they didn't have to spend hours preparing or practicing, because they learn language, culture and history daily at school.

RaeAna, who was the designated spokesperson for the team during the bowl, said it was nerve-racking to hold the microphone and talk in a loud voice so people could hear and understand the team's answers.

"I was really nervous talking in front of a crowd of people," said the 10-year-old fifth grader.

When asked what she learned while she was at the event,

RaeAna said, "respect and how to pronounce 'see you again.'"

The knowledge bowl was part of the conference's new youth day. Some of the other activities for the youth included traditional activities like getting walleyes out of nets, processing a deer and playing lacrosse. They also learned and played the moccasin game and the hand game. There was a feast and a powwow to end the day.

"I set up a drum and some of the kids sang at the powwow," said Joe, who is a tribal member of the Red Cliff Band of Lake Superior Chippewa and recently celebrated his one-year anniversary as the school's parent coordinator.

"What's most important is that the kids had fun and they had this experience," Joe said.

"I learned how to filet a walleye," said Jarvis. "And I learned that there's meat in the cheek of the fish. It was my first time to filet a fish."

The theme of Youth Day at MIEA "Niibwaakaawin" was "Promoting Culturally-Based Traditions to Achieve Academic Success" and was designed to help youth realize the power of both academic and culturally-relevant teaching and experiences.

"The best part of the day was playing lacrosse and swimming," said Adam, who is 10 and in the fifth grade. "I like learning how to play lacrosse and the Knowledge Bowl."

Although it was their first time as a team to participate in a knowledge bowl, also known as a quiz bowl, it wasn't the last time. The kids are set to compete again in December.

District I Veterinary Clinic is a Big Success

Brett Larson Staff Writer/Photographer

Although the second day of a veterinary clinic in District I had to be rescheduled, the first day was a rousing success. It was the first clinic of its kind at Mille Lacs, and organizers hope to hold similar events in other districts in coming months.

Emergency Management Coordinator Monte Fronk, Deputy Police Chief Sara Rice, and District I Community Coordinator Megan Ballinger worked to bring the clinic to District I in cooperation with the Student Initiative for Reservation Veterinary Services (SIRVS).

According to the group's website, "SIRVS is a group of veterinary students who have recognized a need for veterinary services in underserved Reservation communities in Minnesota. Our mission is to train future veterinarians by serving communities in need."

Molly Kubeczko, SIRVS president, and Rachel Johnson, SIRVS president-elect, were both in attendance at the District I clinic on Nov. 14, helping to perform 18 surgeries to spay and neuter dogs and cats. Dogs scheduled for surgeries were also given wellness checks and heartworm tests.

SIRVS brought a total of 22 veterinary students, four pre-vet students, two technicians, and five veterinarians, including Dr. Larissa Minicucci, who has been the faculty advisor for the group since it was started in 2009.

The student volunteers drove up in their own personal vehicles, along with a van provided by the U of M to haul their clinic equipment. The students brought inflatable mattresses and spent Friday and Saturday nights at the community center.

On the day of the clinic, Megan Ballinger, the Band's two Community Service Officers and Monte helped the group to welcome pet owners. They also assisted with pet registrations and helped feed the students and veterinarians.

SIRVS has conducted clinics at Lower Sioux, Leech Lake and White Earth reservations.

Among those bringing their pets for surgery were Marcey Smith and Derek Shingobe with their dog Max, Michelle and Jeff Beaulieu with Chuck Norris, Barbara Swierczek with Punkboy, and Stacy Boyd with her cat Bagheera and dog Sergeant.

Joni Boyd brought her cat Baby Bear Bear, the only survivor from a litter of kittens rescued from Mille Lacs Lake.

Future Clinics

Originally a walk-in wellness clinic was planned for Sunday, Nov. 15, with vaccinations, checkups and heartworm tests. Band Community Service Officers were hoping to register as many pets as possible.

The Sunday clinic had to be canceled because the community center was unavailable. Pets were registered on Saturday, but only if the owners had vaccination certificates.

The wellness clinic in District I has been rescheduled for Jan. 9. Tentative hours are 11 a.m. to 4:30 p.m., with Elders welcome to come between 10 and 11 to avoid waiting in line.

Monte is working with the Minnesota Spay Neuter Assistance Program (MNSNAP) to provide their services to Districts II, IIA and III. District III Administrator Monica Benjamin has requested April 1 for MNSNAP to bring their mobile surgical unit to the Lake Lena Center.

Districts II and IIA are looking at options to sponsor the MNSNAP to come to East Lake and Chiminising in the spring.

Monte said the goal is for SIRVS or MNSNAP to visit each district once a year. See future issues of the *Inaajimowin*, millelacsband.com and the Band Facebook page for updates.



Top: Barbara Swierczek looked concerned as the veterinary students prepared Punkboy for surgery. **Bottom Left:** Stacy Boyd brought her cat Bagheera and her boxer Sergeant to the clinic. **Bottom Right:** Max was a little nervous while waiting in line with Marcey Smith and Derek Shingobe.



Band Members Display Talents in Hinckley

Artists, bakers and community members gathered at the Hinckley Assisted Living Unit in District III on Nov. 6 for a craft, bake and rummage sale. Beautiful beadwork and quilts were on display, as well as breads, treats and odds and ends. Elders Activities Director Renée Bruneau put the event together and is planning another for District I in December. **Top left:** Janice Taylor and Phyllis Quaderer. **Bottom left:** Lucy Hansen and Mabel Woyak. **Center:** Teresa Schaaf. **Top right:** Ona Knoxsah with daughter Minnie, niece Mariana and nephew Alex. **Bottom right:** Renée Bruneau and Bonita D. White.

Youth Program Focuses on Language and Leadership

Brett Larson Staff Writer/Photographer

A vision is taking shape at Mille Lacs that will help to perpetuate the Ojibwe language and Anishinaabe culture while creating future leaders of Indian nations.

The vision grew out of the experience of Adrienne Benjamin, Byron Ninham, Laurie Harper and others who were part of the Native Nations Rebuilders Cohort 5 (see 'A New Generation of Leaders' page 9).

"We want to give youth what we didn't get growing up," said Adrienne. "Access to Ojibwe language, positive role models in the community, and the chance to build their leadership skills early."

"We want to create a community of speakers," said Laurie. "Where it's uncool not to know the language. We want our youth to be 'fiercely Ojibwe.'"

"I like to imagine that someday a 15-year-old will give an invocation in Ojibwe at a community meeting," said Byron. "That would bring tears of joy to my eyes."

In addition to language learning, the program will focus on development of leadership skills and exposure to positive role models. Another goal is to establish a Youth Council to participate in Band government.

The kids themselves, who are being asked to help develop the program, chose the name of the group: "Ge-niigaanizijig," "the ones who will lead."

Adrienne, Byron and Laurie planned and hosted cultural activities at the Anishinaabe Izhitwaawin cultural grounds in Rutledge last summer, with help from Chris Nayquonabe, Joe Regguinti and John Benjamin.

This fall, they have been meeting with a group of young people to help determine the direction of the program.

In the spring, they will choose participants through an application process, and by summer the program will be in full swing.

Each meeting of the group will include an Ojibwe lesson with John Benjamin, an activity designed to build leadership skills, and a visit from an Elder or other positive role model who can help the young people with language, cultural skills, life skills, college readiness, or career planning.

Laurie stressed that the youth will take the lead in defining what it means to be successful. "This has been an ongoing conversation with the youth to have them articulate what it means to them," she said. "Through honest conversations and treating them as adults, we've witnessed this empowerment. To see them realize that they are indeed guiding their own



Laurie Harper, left, and Byron Ninham, right, hope to inspire youth to aim high and work hard.

learning is beyond awesome."

Laurie said the program will emphasize goal setting and planning for the future by teaching students how to think beyond the immediate, and envisioning something more for not only themselves, but for the Band.

Adrienne agreed. "It is important for the youth to see successful community members on a small and large scale, to give them a sense of pride in themselves as Anishinaabe youth," she said. "Too often, we don't see many native role models growing up or they aren't shown to youth directly. Showing the kids that there are different ideas and levels of success in life is important, and showing them that there are people in the community who care enough to talk to them is huge."

Youth will also meet twice a month in their home districts with an elder to discuss a certain subject. They will share their experience in the main group with youth from other districts, and they'll digitally document their conversations and share them via the Internet and social media. In doing so, they will create a language archive — a benefit not just to themselves but to other community members who want exposure to the language and teachings of elders.

"We have valuable wells of knowledge and resources in the community," Byron said. "Everything we have is in people — their knowledge, their stories, the lessons they've learned that they can pass on."

They have applied for a grant from the Minnesota Indian Affairs Council, but they are prepared to keep the program going regardless of the outcome.

Inaugural meeting

On October 4, Byron, Laurie and Adrienne hosted their first meeting with 16 students at Chiminising Community Center in District IIA. Also helping out were Bugs Haskin, Shawn Willis, Bob Eagle and Pamela Johns.

As the agenda showed, language learning was central from the first day.

The agenda began with "onaagan achigaade" — invocation and setting of dish by Byron. He showed the kids that it's not only elders who speak Ojibwe and conduct ceremonies.

After participants ate their fill of brunch, they moved on to "odaminowin," playing an ice breaker "name game" and talking about what it means to be Anishinaabe.

The event continued with "waakaabidaa," or group discussion. Leaders asked students what their expectations of the program are and what they want to learn and accomplish.

During the rest of the afternoon, they set rules (inaakoniganan), came up with a name (Aaniin ge'izhinikaanidiyang?), and discussed what to expect from language immersion (waakaabidaa).

The afternoon ended with "baanimaa miinawaa," including a survey about the experience, a review of goals and expectations, and a discussion of how to keep in contact.

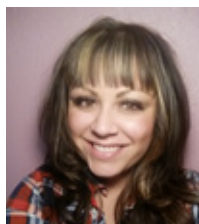
For information on how to get involved, contact Adrienne or Byron at Adrienne.Benjamin@millelacsband.com or Byron.ninham@millelacsband.com.



At their first meeting, students chose the name for the language and leadership group: Ge-niigaanizijig, which means "The ones who will lead."

A New Generation of Leaders

Adrienne Benjamin



I have been inspired in my life by our language and ceremonies. Through my struggles, I have learned firsthand how important they are to our spiritual growth as

Anishinaabe people. In the last five years I have taken many steps to become not only a better person, but a better role model and leader in the community. An important part of this journey was my time in the Native Nations Rebuilders Program through the Bush Foundation (Cohort 5). The first year of the program focused on strengthening our understanding of what it takes and means to be a leader of your tribe. It didn't focus just on elected officials being leaders but how we all can be leaders and make small differences through community involvement and caring. As a goal of this program, we were to come up with an "Action Plan" that we were passionate about and could take back to our community to implement.

I knew from the start that I wanted my project to involve language, leadership, and youth. Language, because it is the foundation of everything that makes us who we are as Anishinaabe people. Leadership, because empowerment and belief in one's self is a powerful thing. Youth, because they are the future leaders of any community. I just had to figure out how to blend those into a viable plan with achievable and purposeful goals.

I developed the plan with my co-workers (at the time) Byron Ninham and Chris Nayquonabe and my Bush Foundation mentor Ian Record, the Director of the Partnership for Tribal Governance at NCAI. Ian helped us immensely throughout the process. We were pushed to come up with a plan that we could start at minimal cost, so we could pay for it out of our own pockets if necessary.

We worked through many different ideas and came up with a Language and Leadership Cohort for youth modeled on the Rebuilders program. We decided it should have an application process and high expectations of its members, leading to the formation of a youth council. The youth would formulate the rules and set the agenda, with a focus on leadership skill building and Ojibwemowin learning and retention.

The program is a collaborative effort of Niigaan (the Band's youth program) and Anishinaabe Izhitwaawin (the Rutledge cultural grounds). We asked Professor John P. Benjamin to be our main language teacher and he gladly obliged. His incredible skills in language and his eagerness to teach are a blessing to have on board. We were also encouraged to team up with other Rebuilders in our region who had correlating action plans, which is how Laurie Harper, Pamela Johns and Joseph Regguinti became a part of some of the traditional harvest camps we've held at Anishinaabe Izhitwaawin.

My hope is that we can make a meaningful impact in the lives of these kids through teaching the value of our language and instilling in them confidence and leadership skills. We can help them to be proud of who they are and where they come from. If even one kid gets inspired by any part of what we do in these sessions, then this idea will have been a success.

Each Day is Rewarding for NAS Teacher

Toya Stewart Downey Staff Writer

When the third grade class files into the classroom each morning, they are well versed in the daily rituals that begin their school day.

They know that their teacher, Lehtitia Weiss, will begin by offering them an opportunity to share stories, important news or any updates they have with their classmates.

The veteran teacher has long practiced that ritual so she "can gauge how students are doing, figure out if I need to address anything immediately, or just recognize or celebrate students."

Lehtitia, who has taught at Nay Ah Shing for 28 years, says one of the best parts about being a teacher is because she can provide "a safe place to learn and talk."

When she was hired in 1987, she worked as a special education teacher in the Headstart program. Back then the school was located where the casino now stands. Students in grades 7 through 12 also shared the building, and after two years, Lehtitia began teaching the older students.

As the school began to grow with students and added more grade levels, it eventually moved across the street to a new building. At that same time, Lehtitia became a lead teacher in the middle school.

Although she loved working with middle school students, she switched her focus to teaching the third grade.

While there are many things she loves about being a teacher, watching the kids finally master a math concept or advance in their reading skills brings her great joy.

"I love it when kids get something after they have said 'I can't' over and over again," she said. "Their face lights up and I can't help but smile and give them a hug."

When she first began her career, she wanted to work with children with severe disabilities, but her interest shifted as she spent the whole day in classrooms working with students.

Like every teacher, not a year goes by when Lehtitia doesn't learn something new from her students. She cherishes their honesty and humor.

Beyond mastering the skills needed to succeed academically, Lehtitia hopes the students she teaches "grow up to be happy, have no regrets and take the chance to do what they are capable of."

"Every single part of each day is rewarding," she said. "Even just one small thing like one student finally getting a math concept is rewarding."

Lehtitia grew up in Brainerd and still lives there. She graduated from St. Cloud State University with a degree in special



"I love it when kids get something after they have said 'I can't' over and over again," she said. "Their face lights up and I can't help but smile and give them a hug."

—Lehtitia Weiss

education. She received her licensure for teaching grades kindergarten through 8th grade from Bemidji State University. She also has a master's degree in education and curriculum.

Lehtitia has been married for 32 years to Donald, and they have three children — two boys and a girl. Her eldest son works as a biologist for the Band. Her daughter is also a teacher and worked for the Band in the early education program.

When she's not enjoying time with her grandchild, Lehtitia likes to craft, sew and spend time outdoors.



Helping Elders in District II

Cindi Douglas and David Sam Jr. came to District II Assisted Living Unit on Nov. 17 to spend time making crafts with Elders. Cindi is the Elder Abuse Program Coordinator, and David is the Elder Abuse Advocate. They work with Elders who have been victims of neglect, verbal abuse, emotional abuse, physical abuse or financial abuse. "Working with Elders has given me a lot of joy," said David. "I really like my job." If you are an Elder or know of an Elder who needs assistance, call the 24-hour crisis line at 1-866-867-4006, or call Cindi at (218) 768-3311 or David at (320) 532-7802.



Citizen Supper Club Celebrates Grand Opening

Mille Lacs Corporate Ventures

Mille Lacs Corporate Ventures (MLCV) today announced the grand opening of Citizen Supper Club – Saint Paul’s newest upscale restaurant destination located in the InterContinental® Saint Paul Riverfront hotel. The launch of Citizen Supper Club brings a creative new dining option to Minnesota’s vibrant capitol city.

MLCV created the new Citizen Supper Club concept with Graves Hospitality to offer guests an impressive lineup of mid-century cocktails, wine, beer and spirits at the bar, as well as an inspired menu of confidently crafted cuisine in the intimate dining room.

“This restaurant is the perfect fit for a powerful city,” said Joe Nayquonabe, Jr., CEO of Mille Lacs Corporate Ventures. “We are excited to establish a new destination for drinks, dining and socializing in St. Paul.”

The unique vibe of Citizen Supper Club is defined as ‘modern mid-century,’ which reflects the elegance and class of a

bygone era, seamlessly blended with modern upscale touches that discerning diners expect.

The surroundings set the stage for the inspired cuisine of Executive Chef John Occhiato. Occhiato, who is known as a local leader in fine dining cuisine, developed a menu that pays homage to the 1960s era with a modern take on some of America’s favorite classics.

“This is unlike any menu I’ve ever developed,” said Occhiato. “I turned to those who had fond memories of social gatherings of the 1960s for inspiration. The result is a menu that is accented with classic options like chicken and dumplings and pot roast, but with a unique Citizen Supper Club twist.”

The full menu at Citizen Supper Club features more than two dozen carefully crafted salad, meat, fish and pasta options, with something for every diner’s tastes.

Citizen Supper Club is the crown jewel of the recently-completed total renovation of the former Crowne Plaza into the lux-

urious InterContinental. The interior design of the restaurant pays homage to the 1960’s, when the original hotel was built, while adding modern touches that make the space visually interesting, comfortable and relevant for patrons.

Since the hotel opened nearly 50 years ago, the property has established itself as a premier venue in Saint Paul. “With the completion of our renovations, we are excited to bring the renowned InterContinental service and ambiance to Minnesota’s capitol city,” said Jeff Castillo, VP of Development for MLCV. “With the grand opening of Citizen Supper Club, we’ve given our guests a dining experience that is truly worthy of this luxury property.”

The flag change makes the InterContinental Saint Paul Riverfront the only InterContinental hotel in Minnesota, and one of only 180 hotels worldwide to earn the prestigious brand distinction.



General Manager Tim Blaschke unveiled the new InterContinental logo on Monday, October 12. Citizen Supper Club’s grand opening was Nov. 11.

“With the completion of our renovations, we are excited to bring the renowned InterContinental service and ambiance to Minnesota’s capitol city. With the grand opening of Citizen Supper Club, we’ve given our guests a dining experience that is truly worthy of this luxury property.”

— Jeff Castillo, VP of Development

Band Acquires St. Louis Park Hotel

Mille Lacs Corporate Ventures

Mille Lacs Corporate Ventures (MLCV) announced on Nov. 10 that it has expanded its hospitality footprint with the purchase of the DoubleTree by Hilton Minneapolis Park Place Hotel in St. Louis Park, Minn. The hotel marks the fourth major hotel asset purchased by MLCV in the past three years.

The 297-room DoubleTree by Hilton Minneapolis Park Place is a profitable, turn-key investment for Mille Lacs Corporate Ventures and a strategic expansion of its holdings in the Greater MSP market. Located in St. Louis Park, the hotel is minutes away from the Minneapolis Convention Center, Target Center, Target Field and the Viking’s new U.S. Bank Stadium.

With the hotel acquisition, MLCV is also adding another restaurant to its portfolio — the Dover Restaurant Bar & Grill in the hotel — as well as an additional 26,000 square feet of event space.

Joe Nayquonabe Jr., CEO of Mille Lacs Corporate Ventures, said that market demand is out-pacing supply for full service hotels, making this new acquisition an important strategic addition to the Mille Lacs Band’s portfolio.

“When we look at investments, we look for properties that will perform well from day one, and that have a significant long-term upside for our shareholders,” said Nayquonabe. “We are more than pleased with the financial strength of this hotel

— it outperforms its competitive set and is a great addition to our portfolio of exceptional hospitality assets.”

MLCV plans to make some modest property improvements to better reflect the standard expected of the DoubleTree by Hilton flag.

MLCV will be self-managing the property in partnership with Greenwood Hospitality.

The announcement of the acquisition comes on the heels of MLCV’s recent completion of a whole-property overhaul of its former Crowne Plaza in Saint Paul into the luxury InterContinental Saint Paul Riverfront Hotel – the first IHG hotel in the state.

Interested in submitting to the *Inaajimowin*?

Send your submissions and birthday announcements to Myles Gorham at myles.gorham@redcircleagency.com or call 612-465-8018.

The January issue deadline is December 15.

Monthly Dish Ceremony Keeps Business in Perspective

Grand Casino Mille Lacs has been holding monthly dish ceremonies for any employees and community members who wish to attend.

Commissioner of Corporate Affairs Joe Nayquonabe Jr. said the ceremony is to give thanks, to ask for health and prosperity, and to start off each month in a good way.

The most recent ceremony was held on Thursday, Nov. 12, the day after Veterans Day. Joe Nayquonabe Sr., who is a veteran, gave an invocation in Ojibwe, after speaking in English about the importance of warriors in Anishinaabe ceremonies.

He told participants that if they have any questions about Anishinaabe culture to bring them to future ceremonies. He said he would be happy to answer any questions if he is able, or to find the answers from elders.

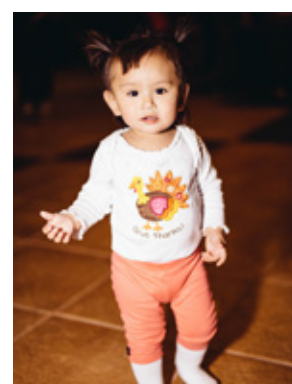
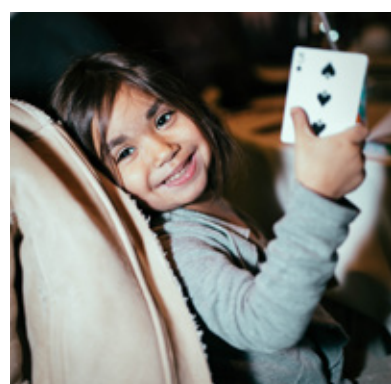
He said learning about culture is a lifelong process.

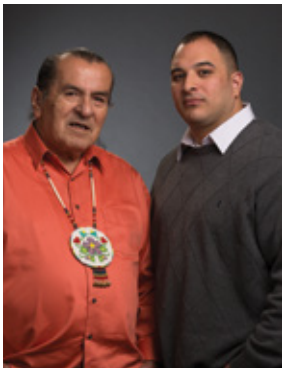
After the invocation, participants were invited to share in the dish. They enjoyed good food and conversation before returning to work.

Corporate Ventures Hosts Mesmerizing Fall Feast

An overflow crowd filled the Grand Casino Mille Lacs Events and Convention Center Thursday, Nov. 19, for the annual Corporate Ventures Fall Feast. After an invocation from Joe Nayquonabe Sr., Chief Executive Melanie Benjamin told the crowd that the Band has become a model of economic diversification. Joe Nayquonabe Jr, Commissioner of Corporate Affairs, served as master of ceremonies.

Hypotist Sami Dare's show was the climax of a memorable evening of good food, games, and fabulous prizes. It wasn't just the 'victims' of hypnosis who were affected — audience members also fell under her spell.





Aaniindi Wenjikaamagak Gekendamaan Ezhichiged I'iw Niimi'idiiked A'aw Anishinaabe

How I Learned About These Ceremonial Dances

Lee Staples Gaa-Anishinaabemod Obizaan **Chato Gonzalez** Gaa-Anishinaabewibii'ang Ombishkebines

A'aw akiwenziyiban Ogimaawabiban gii-izhinikaazo gaa-nitaawigi'id, ogii-kanawenimaan inow gimishoomisinaan. Mii imaa gii-naadamaageyaan apii gaa-paapaakoshimaawaajin inow gimishoomisinaan. Ingii-ashi-niizho-biboonagiz apii gii-asigooyaan imaa da-dibendaagoziyaan a'aw Manidoo-dewe'igan. Mii iwidi eshkwebid eko-niwing bedakideg i'iw mitig, mii iwidi gii-asigooyaan da-abiigizigewininiwiyaan.

The old man that raised me, John Benjamin, took care of a ceremonial drum. I was there to help each time he had a ceremonial dance. I was twelve years old when I was put on the drum as a drum member. I was put on as a drum warmer, and sat at the last position on the fourth stick.

Weweni-go ingii-kikinoo'amaag a'aw Akiwenziyiban naa gaye inow owii'ayaawaaganan Nazhikewigaabawiikwebanen gii-izhinikaazowan eni-izhichiged niimi'idiiked a'aw Anishinaabe, biinish gaye ge-ni-izhichigeyaan abiigizigewininiwiyaan. Mii gaye endaso-dagwaagig miinawaa endaso-zaagibagaag gii-aayaabajichigaazowaad ingiw Manidoo-dewe'iganag, mii i'iw apane nayaano-giizhigakin naa apane eyishkwaajanokii-giizhigakin apii gaa-niimi'idiwaad.

That old man and his wife, Sophia Churchill-Benjamin, thoroughly taught me what was involved when the Anishinaabe had their ceremonial dances, and they taught me my responsibilities as a drum warmer. There are ceremonial dances held every fall and every spring, with the ceremonial dances held every Friday and Saturday.

Mii-go apane gii-naazikaagewaad ingiw gaa-nitaawigi'ijig aaniindi-go gii-naabajichigaazowaad ingiw Manidoo-dewe'iganag. Mii dash imaa apane gii-paa-wiijiiwagwaa. Mii dash iwidi iko gii-naazikaageyaang iwidi Neyaashiing endazhi-niimi'idiwaad ingiw Anishinaabeg, mii iwidi gaa-izhaayaang. Biinish igo gaye iwidi Minisinaakwaang gii-tanakamigiziwaad, mii gaye iwidi Gwaaba'iganing gii-aabajichigaazowaad ingiw Manidoo-dewe'iganag, mii gaye iwidi gaa-izhaayaang.

The old people that raised me always attended these ceremonial dances on a regular basis. They always took me with. We went to ceremonial dances that were held at Neyaashiing. We also attended ceremonial dances in East Lake. We also went to ceremonial dances held in Sawyer, Minnesota.

Aano-go gii-aya'aansiwiyaan i'iwapii gii-paa-wiijiiwagwaa gii-naazikaagewaad endazhi-niimi'iding, nebowa igo nizezikwendaan gaa-izhichigewaad gii-niimi'idiwaad. Mii dash i'iw wenjikaamagak a'aw mindimooyenyiban ingii-wiindamaag, "Gego anooj omaa gidaa-wii-izhichigesiin megwaa omaa ayaayang endazhi-niimi'idiikeng." Ingii-ig, "Bizaan omaa nanaamidabin da-ganawaabandaman eni-izhichigewaad naami'idiikejig. Mii eta-go apii ge-bazigwiiyan wii-niimiyan, maagizhaa gaye waakaa'igaansing wii-ni-izhaayan." Mii iw nebowa wenji-gezikwendamaan gaa-inaabishinaan gii-paa-wiijii'iweyaan endazhi-niimi'iding.

Even though I was young when they took me with, I do remember what I saw and heard when we went to these ceremonial dances. It is then that the old lady told me, "Do not be messing around while we are at these ceremonial dances." She said, "Just sit there quietly and watch what is being done while the ceremonial dance is going on. The only time you should get up is when you get up to dance or have to go to the bathroom." It is because of that, that I remember what I saw as we attended these dances.



Tony Pike, right, was out with his road crew Nov. 9 freshening up the crosswalks in District I. You also may have seen them in other districts making use of the new painting equipment.

Ingoji-go apii gii-ashi-niso-biboonagiziyaan, mii owapii gii-maajii-aakozid a'aw mindimooyenyiban. Mii iw okanaapined ezhi-wiinjigaadeg gaa-wenda-aabini'igod, biinishgii-ni-gashkitoosiggegoo-wii-ni-izhichiged. Mii dash imaa gii-naadamaageyaan gii-maajitaayaan gii-chiibaakwaadamaan a'aw akiwenziyiban ge-biindigadood imaa azhigwa apii gii-niimi'idiiked. Mii dash a'aw nizigosiban Nechii'awaasang a'aw ge-wiin gaa-naadamaaged gii-kashkigwaadang iniw waabooyaanan ge-aabajitood a'aw akiwenziyiban da-bagijiged owapii gii-niimi'idiiked.

I was about thirteen years old when that old lady started to get sick. She came down with arthritis, and it got so bad for her that she was not able to do things. It was then that I had to start helping and cook the food that the old man brought to the ceremonial dances. It was also at the time my aunt, Mary Churchill-Benjamin, started to help out by sewing the blankets the old man put for his offerings.

Azhigwa dash gaa-ishkwaa-ayaad a'aw akiwenziyiban, mii imaa gii-inaakonigewaad wenjida ingiw ogichidaakweg gii-onaabamigooyaan da-mamooyaan imaa gaa-ondabid a'aw akiwenziyiban da-ganawenimag dash a'aw gimishoomisinaan. Mii iw ashi-zhaangaswaak miinawaa niizhwaasimidana ashi-niwin owapii imaa gii-asigooyaan.

When the old man passed away, it was then that the women on the drum made the decision for me to take the position the old man held as the drum keeper. That was in 1974 that they placed me in that spot.

Ishke dash gomaapii a'aw nizigosiban ingii-wiindamaag gaa-onji-onaabamigooyaan da-mamooyaan gaa-ondabid a'aw akiwenziyiban. Gii-ikido, ogii-minwendaanaawaa gii-kikendamaan i'iw gidinwewininaan miinawaa gana-go ingii-maji-izhiwebiz ingii-mino-wiiji'aa a'aw niwiji-bimaadiziim. Aano-go gii-tazhiikamaan owapii i'iw minikwewin wenda-inigaa'igod a'aw Anishinaabe, gii-ikido a'aw nizigosiban, "Gigii-kikenimin booch da-boonitooyan i'iw giminikwewin gomaapii."

After a period of time, my aunt told me why they decided to put me in the spot that the old man held. She said they liked that I knew how to speak Ojibwe and that I was not a very angry person, and that I usually got along well with other people. Even though I was still drinking at the time, my aunt said, "I knew you would sober up eventually."

Gaawiin igo wenipanasinoon wii-ni-ganawenimaad inow Manidoo-dewe'iganan awiya. Ishke nebowa omaa niwiji'anokiimaanaanig imaa eginzozig eni-niimi'idiikeng. Booch igo maamawichigewin da-ayaamagak, gaawiin omaa majayi'ii daa-wii-ayaamagasinoon. Gaawiin gaye awiya odaa-wii-maji-inaasiin imaa eginzonijin. Gida-ni-giige'aanaanig ingiw Anishinaabeg giniigaaniiminaang ge-ni-ayaajig wawiingeziyang da-ni-bimiwinang a'aw gimishoomisinaan.

It is not easy for someone to take care of a ceremonial drum. There are several people that we work with as we put on these ceremonial dances. It is important that we all work together in a good way and not have negativity. People should not talk bad about their fellow drum members. It is our Anishinaabe of the future that will benefit from us doing a good job taking care of the ceremonial drum.

Committee Elected for 50th Powwow

The 2015 Iskigamizigan Powwow Committee has chosen the Executive Committee to plan the 50th Annual Iskigamizigan Powwow, which will take place in August of 2016.

The election took place at the Opening Session on Nov. 17 at Grand Casino Mille Lacs. Tony Pike and Carla BigBear were elected to serve as co-chairs, Cyrilla Bauer as treasurer and Barb Martin as secretary.

The next meeting will be Tuesday, Dec. 8, at noon at the

Government Center media room. Subcommittees will be created and duties assigned. Anyone interested in helping out with this historic powwow is welcome to attend.

All powwow committee members are volunteers.

Watch Facebook and the calendars in *Inaajimowin* and millelacsband.com for updates. Also "like" the powwow page on Facebook: [facebook.com/Iskigamizigan](https://www.facebook.com/Iskigamizigan)

Please Remember Him for Me

Arne Vainio, M.D.

“I don’t have the friends I thought I had,” the patient said. “My family doesn’t understand me. I was told I should only grieve for a year, but this was my son.”

She’d been coming in to see me for almost a year before she volunteered that information. I should have asked her earlier and I thought I had, but maybe she wasn’t ready to talk about it.

I had seen her several times over the past year for chest pain, and she had a very comprehensive evaluation and had seen a cardiologist twice. She had a stress test initially, then finally an angiogram. This is the gold standard for testing for heart disease and involves a catheter being inserted into an artery in the groin and advanced to the blood vessels that supply the heart itself. Contrast is injected into the coronary arteries, and if there are any blocked arteries, they will show up on the monitor. There was nothing wrong with her heart.

“Do you want to talk about it?” I asked.

“It’s all I want to talk about,” she replied. “No one wants to listen.”

“I will,” I said.

“OK. Andrew died eight years ago and I think about him every morning when I wake up and every night when I’m falling asleep. He was only nine years old and he shouldn’t have been playing by the river. He knew better than that, but there was a neighbor boy who liked throwing rocks in the water. They were on a steep bank and Andrew slid into the river and it was too slippery to climb back out. It was the next day before they found his body a half-mile downstream.

“Do you know what it’s like after the funeral to have everyone pretend life goes on as usual? How can anything be normal or usual? My husband buried himself in his work and our marriage lasted for two more years. My friends didn’t want to talk about it and their invitations to lunch and their phone calls were less and less and finally they stopped altogether.

“I had people tell me, ‘At least you have two other children.’

“I know I have my other children, but that doesn’t make losing Andrew any easier or different. He died in the fall, and that first Thanksgiving and that first Christmas were the hardest, but all holidays are hard. This is the year he would have graduated and I think about what he would be like at this age and what his plans would be for after high school. He liked sports and I always wonder if he would have been an athlete. The people around me don’t want to say his name, I think because they’re afraid it will remind me of him, but everything reminds me of him. Saying his name would at least let me know I wasn’t the only one thinking about him.

“I turned to alcohol for a while after my husband left and maybe even for a little while before. I thought it would make me forget, but it made me remember even more. One morning I woke up on the floor with my five-year-old daughter sitting cross-legged next to me and scolding her doll for having her life so easy. A week later I lost my driver’s license for driving while intoxicated, and I had to go to treatment.

“I was angry with my husband for leaving and angry with him for not grieving like I was. I was angry with my daughter and my other son for laughing and playing at Andrew’s funeral, but they were only four and seven at the time.

“My mother-in-law told me, ‘It was God’s will.’

Really?

REALLY?

“How is that possible? I lost faith for the longest time and I still don’t know if I have it back. How could it possibly be right to take a nine-year-old when there are people who don’t value their own lives? How can a nine-year-old die when there’s somebody somewhere right now shooting heroin?”

My pager went off for my next patient and she apologized for taking so much time and asked if she could reschedule. I ended up seeing her often for visits for her blood pressure and for general health visits. I remembered what she said about others remembering, and most times I was the one who men-

tioned Andrew first. She scheduled a visit with me on his birthday and she cried through most of the visit.

It was a couple visits later when she stated maybe her husband burying himself in his work was his way of grieving, and she felt bad for holding that against him and that maybe things could have been different.

My time in Seattle was drawing to an end as I was finishing my residency, and I sent a letter to all my patients letting them know I was leaving to go back to Minnesota. She was one whom I really feared would believe I was abandoning her, and I walked into the room with some trepidation.

We talked about her blood pressure and reviewed her home blood pressure readings. They were finally under control. She had not had any chest pains since that first visit she talked about Andrew. I asked her if she got my letter, and she said she did. I asked her if she was going to be all right.

“At first, I didn’t know if I was. I will always hurt and nothing will ever change that. It had been so long since anyone would let me talk about Andrew without giving me advice or empty promises. You simply listened to me, and I appreciate that more than you will ever know.”

She handed me a box wrapped with a red ribbon and told me I could open it later. Later in the day I got a chance. Inside were a dozen cookies and a note:

“I am a mother and I will always be a mother. I still have three children and one of them would have graduated last year. I love them all, and one loved my oatmeal raisin cookies. I haven’t had a chance to make them for him for a long, long time. Please remember him for me.”

“Thank you.”

Arne Vainio, M.D. is an enrolled member of the Mille Lacs Band of Ojibwe and is a family practice physician on the Fond du Lac reservation in Cloquet, Minnesota. He can be contacted at a-vainio@hotmail.com.

December Is Safe Toys Month

Kari Carlson, RN

According to the U.S. Consumer Product Safety Commission, hospital emergency rooms treated an estimated 251,700 toy-related injuries in 2010 throughout the United States. Additionally, in 2007 alone, toymakers recalled over 19 million toys worldwide because of safety concerns such as lead paint and small magnets. Before you make toy purchases, it is critical to remember to consider the safety and age range of the toys so that you will have a safe holiday season and beyond.

Please consider the following guidelines for choosing safe toys for all ages:

- Inspect all toys before purchasing. Avoid those that shoot or include parts that fly off. The toy should have no sharp edges or points and should be sturdy enough to withstand impact without breaking, being crushed, or being pulled apart easily.
- Be diligent about inspecting toys your child has received. Check them for age, skill level, and developmental appropriateness before allowing them to be played with.
- Look for labels that assure you the toys have passed a safety inspection — “ATSM” — means the toy has met the American Society for Testing and Materials standards.
- Gifts of sports equipment should always be accompanied by protective gear (give a helmet with the skateboard).
- Keep kids safe from lead in toys by: Educating yourself about lead exposure from toys, symptoms of lead poisoning, and what kinds of toys have been recalled; being aware that old toys may be more likely to contain lead-based paint; having your children wash their hands frequently and calling your doctor if you suspect your child has been exposed to lead.
- Do NOT give toys with small parts (including magnets and “button” batteries which can cause serious injury or death if ingested) to young children, as they tend to put things in their mouths, increasing the risk of choking. If the piece can fit inside a toilet paper roll, it is not appropriate for kids under age three.
- Do NOT give toys with ropes and cords or heating elements.

- Do NOT give crayons and markers unless they are labeled “nontoxic.”

For more information about toy safety, please call Mille Lacs Band of Ojibwe Public Health at 320-532-7776 or you can look online at: <https://www.healthtradition.com/december-is-safe-toys-and-gifts-month/>

Updated Mammography Guidelines

Linda Moses, Circle of Life Plus Coordinator

The American Cancer Society has released updated mammography screening guidelines and materials incorporating these guidelines. The new guidelines were developed over two years by an independent panel using the latest evidence available on mammography screening. They differ slightly from the USPSTF guidelines.

The basics every woman should know:

- Mammography reduces death from breast cancer.
- These guidelines incorporate individual preference, values, and understanding of the balance between benefits and potential harms of screening (unnecessary follow ups for false positives)
- Women of average risk should start mammography screening at the age of 45 and continue with annual screening until 54.
- Women 55+ can switch to being screened every other year, or have the option to continue screening every year.
- ASC no longer recommends clinical breast exams as a breast cancer screening for U.S. women (because it can lead to false positives and unnecessary follow ups).

All women should be familiar with the known benefits, limitations, and potential harms linked to breast cancer screening. Some women at high risk for breast cancer, because of family history, a genetic tendency, or certain other factors-should be screened with MRIs along with mammograms (the number of women who fall into this category is very small). Talk with a health care professional about your risk for breast cancer and the best screening plan for you.

Winter Safety Information

Driving in the winter can be harrowing, especially where blizzard and icy conditions crop up seemingly out of nowhere. Midwesterners may be used to heavy snow, but residents of states as far south as Georgia and Texas are seeing ice and snow more often. Driving can be even more treacherous in these areas because drivers are not accustomed to it. Drivers can take precautions to ensure they will arrive safely at their destination.

Don’t leave home without these:

In an emergency situation, in addition to a full tank of gas and fresh antifreeze, National Safety Council recommends having these with you at all times:

- Properly inflated spare tire, wheel wrench and tripod jack
- Shovel
- Jumper cables
- Tow and tire chains
- Bag of salt or cat litter for better tire traction or to melt snow
- Tool kit
- Flashlight and extra batteries
- Reflective triangles or flares
- Compass
- First aid kit
- Windshield cleaner
- Ice scraper and snow brush
- Matches in a waterproof container
- Scissors and string or cord
- Blankets, mittens, socks and hats
- Non-perishable, high-energy foods like nuts, dried fruits and hard candy

Winter road trips — even short ones — are a great way to celebrate with family and friends. Being prepared can ensure a safe and happy time is had by all.

Source: www.nsc.org/learn/safety-knowledge/news-and-resources

TRIBAL NOTEBOARD

Happy December Birthday to Mille Lacs Band Elders!

Judith Louise Beaulieu
Gayle Marie Bender
Pamela Jean Bixby
Henry Benjamin Bonga
Loann Dana Boyd
Phyllis Ann Boyd
Vicki Marie Burton
Kyle Matthew Cash
Lawrence Churchill
Frances Davis
Marilyn Ann Davis
Winifred Marie Davis
Delsie Louise Day
June Louise Day
Randy James Dorr
Rodney John Dorr
Ruth Elaine Garbow
Diane Marie Gibbs
Rosalie Marie Gopher
David Darryl Granger
Dale Herbert Greene Sr.
Angeline Hawk
Viola Mary Hendren
Michael Ray Hensley
Carole Anne Higgins
Frank Hill Jr.
Esther Marie Johnson
Cheryl Ann Keller
Larry Allen Koeppe
Renda Lynn Leslie
Michael Allen Mager
Daniel Rae Matrious

Gordon Wayne Matrious
Kim Alane Modaff
Debra Jean Morrison
Richard Raymond Mortenson
Linda Lou Moxness
Jay Jay O'Brien
Dale John Pindegayosh
William Richard Premo Jr.
Herbert Sam
Corrina Marie Sheff
Susan M. Shingobe
Laura Ruth Shingobe-Garbow
Vanette Louise Todd
Carol Ann Turner
Anita Louise Upegui
Kenneth Laverne Wade Sr.
Maureen Cynthia Weyaus
Yvonne Cecelia Winiecki
Douglas Alan Wistrom
Lucille Mabel Woyak

Happy December Birthdays:

Happy 15th Birthday to **Bailey and Taylor Woommavovah** on 12/3, Love Mom, Noah, Lyssa, Breezy, Alex and Ameir. • Happy Birthday **Randy Dorr (Dad)** on 12/7. Your family loves you more than words can say and we are so proud of you in so many ways. We hope you have a wonderful day! • Happy Birthday **Tiny** on 12/16 love, Dad, Melissa, Braelyn, Payton, Waase, Eric,

Brynley, Bianca, Grannie Kim, Papa Kyle, Papa Brad, Val, Pie, Kev, Jay, Taylor, Adam, Bruce, Jayla, Lileah, Randi, and Rachel.

• Happy Birthday **Mom** on 12/21, with Love from Vannie and George. • Happy Birthday **Grandma Diane** on 12/21, with Love from Reuben, Cedric, Cedar, Caiarah and Cyliss. • Happy Birthday **Gordy Matrious** on 12/23, with love from your favorite daughter. • Happy Birthday **Chilah B** on 12/29 from momma, Son, Jayden, Jordan & Bunny.

Submit Birthday Announcements

Send name, birthday and a brief message that is **20 WORDS OR LESS** to Myles Gorham at myles.gorham@redcircleagency.com or call 612-465-8018. The deadline for the January issue is December 15.



Nice job, ValaReya!

ValaReya Leecy of Isle played rightside hitter for the Fond du Lac Tribal and Community College Thunder this fall. "We were happy to have a player with her passion for the game, and her veteran leadership as well. I look forward to coaching her for another season!" says Volleyball Coach Laura Sylvester. Photo courtesy of Fond du Lac Tribal and Community College/Tom Urbanski.



Fall Cleanup

Megan Ballinger and Semira Kimpson helped clean up the District I community on November 4. Megan organized the event with the support of District I Rep. Sandi Blake. Participants received a buffet coupon for their efforts.

Bii Gii Wiin Community Development Loan Fund

Bii Gii Wiin CDLF is a Native community resource created to help Native community members achieve a sense of prosperity and financial empowerment with the money they earn. We do this through providing individual mentoring and group training programs as a well as an array of resources that help you to plan, manage and save money. Bii Gii Wiin programs are designed to help you make strides in these areas:

- Everyday money management
- Quickly grow your savings with a money-matching IDA- Individual Development Account
- Achieve home ownership
- Start your own business with the help of our Micro Entrepreneur training program

We can help you do the math.

It may seem that owning a home, saving for college or starting a business may be out of reach-especially after paying all the monthly bills. At Bii Gii Wiin we know how

tough it can be, which is why we'd like the opportunity to help you see what's possible and start you on a pathway to achieving your dreams.

Native financial confidence starts here.

Drop by 1113 East Franklin Ave., Suite 200, in Minneapolis, or give us a call at (612) 354-2249 and set up a time to talk. You don't need to have a plan or prepare anything ahead of time. Just bring your desire to find out more.



Reporters Wanted

The Mille Lacs Band and Red Circle Agency are seeking Band members in all three districts to cover events and provide content for the Inaajimowin newsletter, millelacsband.com, and the Facebook page. If you or someone you know enjoys being out in the community, is active on social media, likes taking photos, or has an interest in writing, send an email to brett.larson@millelacsband.com or call (320) 237-6851. No experience necessary. Hours and pay will depend on work experience, education and availability.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Want your event here? Email myles.gorham@redcircleagency.com or call 612-465-8018.</p> <p>Visit millelacsband.com/calendar for additional Mille Lacs Band events</p>		<p>1 Open Gym 5:30-9:30 p.m. DI Community Center</p>	<p>2 Circle of Health Outreach 1-4 p.m. Aazhoomog Clinic</p> <p>Open Gym 5:30-9:30 p.m. DI Community Center</p> <p>Tabata Workout Sessions 6-7 p.m. Chiminising Community Center</p>	<p>3 Open Gym 5:30-9:30 p.m. DI Community Center</p> <p>Band Assembly 10 a.m. Chi Minising Community Center</p>		
6	<p>7 Tabata Workout Sessions 6-7 p.m. Chiminising Community Center</p> <p>Minobimaadiziwin Sweat Lodge 7 p.m. Minobimaadiziwin Hotel</p>	<p>8 Open Gym 5:30-9:30 p.m. DI Community Center</p> <p>Band Assembly 10 a.m. Aazhoomog Community Center</p>	<p>9 Circle of Health Outreach 1-4 p.m. East Lake Community Center</p> <p>Open Gym</p> <p>Tabata Workout Sessions</p> <p>District 2A Holiday Party 5 p.m. Chiminising Community Center</p>	<p>10 Open Gym</p> <p>Administrative Policy Board Chiminising Community Center</p> <p>Band Assembly 10 a.m. Grand Casino Hinckley</p> <p>District 2 Holiday Party 5 p.m. East Lake Community Center</p>	11	<p>12 Urban Holiday Party 11 a.m.-2:30 p.m. Minneapolis American Indian Center</p>
13	<p>14 Tabata Workout Sessions 6-7 p.m. Chiminising Community Center</p> <p>Minobimaadiziwin Sweat Lodge 7 p.m. Minobimaadiziwin Hotel</p> <p>Fond du Lac Easy Enrollment Day 10 a.m.-2 p.m. DI Community Center</p>	<p>15 Open Gym 5:30-9:30 p.m. DI Community Center</p> <p>Band Assembly 10 a.m. Nayahshing Band Assembly Chambers</p> <p>Fond du Lac Easy Enrollment Day 10 a.m.-2 p.m. D2 Minisinaakwaang</p>	<p>16 Circle of Health Outreach 1-4 p.m. Urban Office</p> <p>Open Gym 5:30-9:30 p.m. DI Community Center</p> <p>Tabata Workout Sessions 6-7 p.m. Chiminising Community Center</p> <p>Movie Night 7:00 p.m.</p>	<p>17 Open Gym 5:30-9:30 p.m. DI Community Center</p> <p>Band Assembly 10 a.m. Nayahshing Band Assembly Chambers</p> <p>Anishinaabe Tribal College Family Fun Night 5:30 p.m. Entire community is invited. Join us for supper, fun games and bingo.</p>	<p>18 Azhoomog Holiday Celebration (DIII) 5:30-9 p.m. Grand Casino Hinckley</p>	<p>19 All District Elder Xmas Party 5-10 p.m. Grand Casino Hinckley</p>
20	<p>21 Tabata Workout Sessions 6-7 p.m. Chiminising Community Center</p> <p>Fond du Lac Easy Enrollment Day 10 a.m.-2 p.m. D3 Community Center</p>	<p>22 Open Gym 5:30-9:30 p.m. DI Community Center</p>	<p>23 Circle of Health Outreach 1-4 p.m. Isle Community Center</p> <p>Open Gym 5:30-9:30 p.m. DI Community Center</p> <p>Tabata Workout Sessions 6-7 p.m. Chiminising Community Center</p>	<p>24 Mid-Winter Break</p> <p>Open Gym 5:30-9:30 p.m. DI Community Center</p>	<p>25 Mid-Winter Break</p>	26
27	<p>28 Tabata Workout Sessions 6-7 p.m. Chiminising Community Center</p>	<p>29 Open Gym 5:30-9:30 p.m. DI Community Center</p> <p>Band Assembly 10 a.m. Minisinaakwaang Assisted Living Unit</p>	<p>30 Open Gym 5:30-9:30 p.m. DI Community Center</p> <p>Tabata Workout Sessions 6-7 p.m. Chiminising Community Center</p>	<p>31 GOVERNMENT OFFICES CLOSE AT NOON</p>	<p>Government offices will close at noon on Dec. 31, so be sure to pick up your medicine and take care of other business beforehand.</p> <p>Band Assembly meetings begin at 10 a.m. All dates and times are subject to change.</p>	



Fond du Lac Tribal and Community College
Spring 2016
January 11, 2016 – May 17, 2016

COURSE SCHEDULE
ITV and ONLINE

*Prerequisite – refer
***ON CAMPUS

Course #	Course Name	Instructor	Room	Time	Days	Cr.
AMERICAN INDIAN STUDIES						
AMIN 1050	01 Anishinaabeg of Lake Superior	Dan Jones	ITV	1:00-2:15	MW	3
AMIN 1050	20 Anishinaabeg of Lake Superior	Candi Aubid	ONLINE			3
AMIN 1050	21 Anishinaabeg of Lake Superior	Candi Aubid	ONLINE			3
ANISHINAABE						
ANSH 1002*	01 Anishinaabe Language II	Dan Jones	ITV	11:00-11:50	MTWH	4
ANSH 1002*	90 Anishinaabe Language II	Dan Jones	ITV	6:15-7:55	MW	4
ANSH 2002*	01 Anishinaabe Language IV	Dan Jones	ITV	12:00-12:50	MTWH	4
BIOLOGY *** Must come to FDLTCC campus for Lab portion of class***						
BIO 1060	20 Environmental Science (LECTURE) ***01 Environmental Science Lab***	Jay Sandal Jay Sandal	ONLINE FDLTCC Room186 1:00-2:40 T			4
BIO 1060	21 Environmental Science (LECTURE) ***2 Environmental Science Lab***	Jay Sandal Jay Sandal	ONLINE FDLTCC Room186 1:00-2:40 W			4
BUSINESS						
BUS 1001	90 Intro to Business	Don Carlson	ITV	6:00-8:45	T	3
BUS 1080	01 Personal Finance	Bryan Jon Maciewski	ITV	3:00-5:45	M	3
ENGLISH						
ENGL 1101*	03 College Composition	STAFF	ITV	2:00-3:15	TH	3
ENGL 1101*	20 College Composition	STAFF	ONLINE			3
ENGL1102*	20 Advanced College Composition	Maglina Lubovich	ONLINE			3
GEOGRAPHY						
GEO 1020	20 Cultural Geography	Elizabeth Jones	ONLINE			3
HISTORY						
HIST1051	01 American Indian History II	Richard Gresczyk	ITV	2:00-3:40	TH	4
MATHMEATICS						
MATH 1020	Beginning Algebra	Jana Anderson	ONLINE			3
MATH 1025*	Intro to Contemporary Mathematics	Connie Wappes	ITV	9:00-10:00	TH	3
PSYCHOLOGY						
PSYC 2002	01 Indigenous Psychology		ITV	10:00-10:50	MW	3

Leading Cause of Adult Injuries

Indi Lawrence, RN

Mille Lacs Band of Ojibwe Public Health Department

As we age with physical changes, health conditions and sometimes the use of medications, falls can become more likely. With winter fast approaching, the weather could contribute to a higher risk of falls. Falls can be prevented through simple strategies.

Physical activity can help prevent falls by improving strength, balance and coordination. If you feel you are unable to exercise, notify your primary care provider who may be able to recommend a monitored exercise program or a referral to a physical therapist.

Wearing sensible shoes can be a part of your fall prevention plan. It is recommended that wearing properly fitting, sturdy shoes with nonskid soles will promote safety. If possible, high heels, slippers and flip-flops should be avoided.

Making your home safe can help prevent a fall. Home safety is extremely important in keeping yourself safe from falls by cleaning clutter and securing or removing loose rugs. Using nonslip mats in the shower and tub can also contribute to a safer environment. Having adequate lighting and a lamp near your bedside for nighttime needs should be included in your fall prevention plan.

Winter-specific tips include planning extra time to get to your destination; you will be less likely to fall if you are not rushed. If possible, do not carry children or heavy loads. Keeping your hands free will help you maintain your balance. Choosing the right footwear with the greatest traction will enhance safety. If you find yourself on an icy patch, take short, shuffled steps, and do not be afraid to ask for help if there is a bystander. Immediate snow removal can reduce the formation of ice on your pathway, and for an added safety measure, apply ice melting granules.

Are you an Elder or do you know an Elder who has a story to tell?

The *Ojibwe Inaajimowin* is looking for Elder stories for upcoming issues.

Send your name, contact information, and a brief description of the Elder you would like to feature to toya@redcircleagency.com, brett@redcircleagency.com or myles.gorham@redcircleagency.com or call Myles at 612-465-0653.

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millelacsband.com



Heating, Water, and Maintenance Problems?

During normal business hours: tenants in Band rentals and Elders living within the service area should call 800-709-6445, ext. 7433, for work orders. **After business hours:** tenants with maintenance emergencies should call 866-822-8538 and press 1, 2, or 3 for their respective district.

Free Hearing Evaluations

Evaluations take place on the second Friday of each month at Ne-la-Shing Clinic. Call 320-532-4163 to schedule an appointment. Walk-ins are welcome — we will do our best to serve you. Ask us about the \$1,000 in hearing aid benefits you can receive from the Circle of Health.

Hearmore Hearing has offices in Saint Paul and Osseo. To schedule an appointment Monday through Friday, call the Saint Paul office at 651-771-4019 or the Osseo office at 763-391-7433.